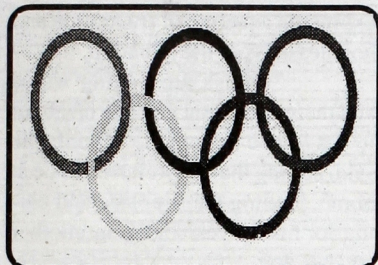


Lambda

Laurentian University's Student Newspaper
Le journal des étudiant(e)s de l'Université Laurentienne
Volume 36 - Issue 13 / Numéro 13

"If I have to rush,
I don't go."

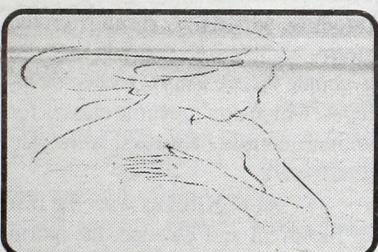
George Burns



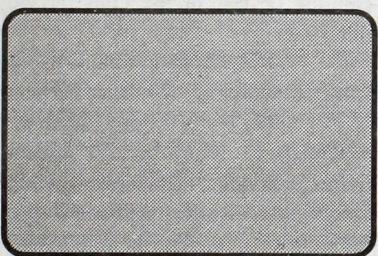
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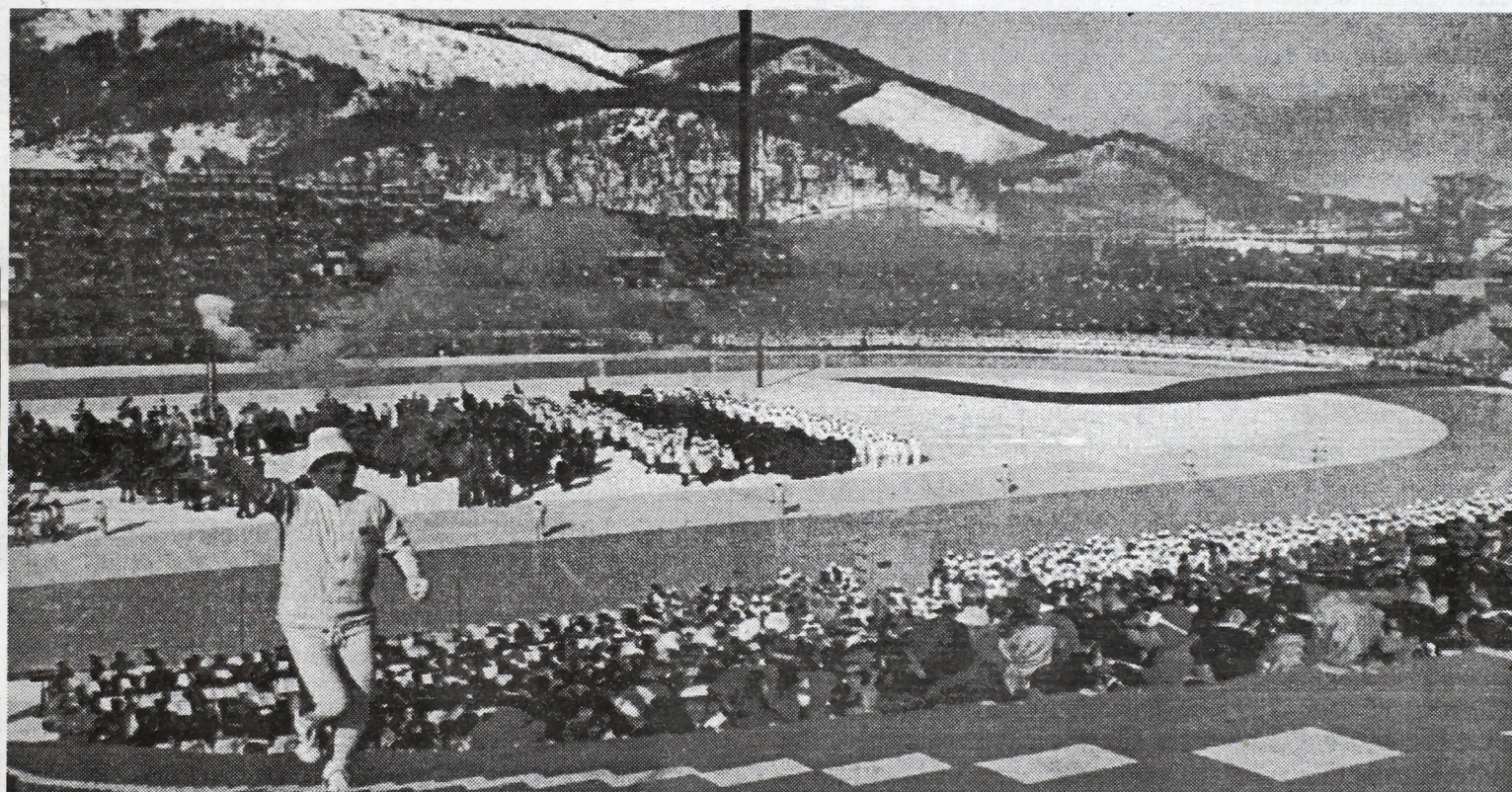
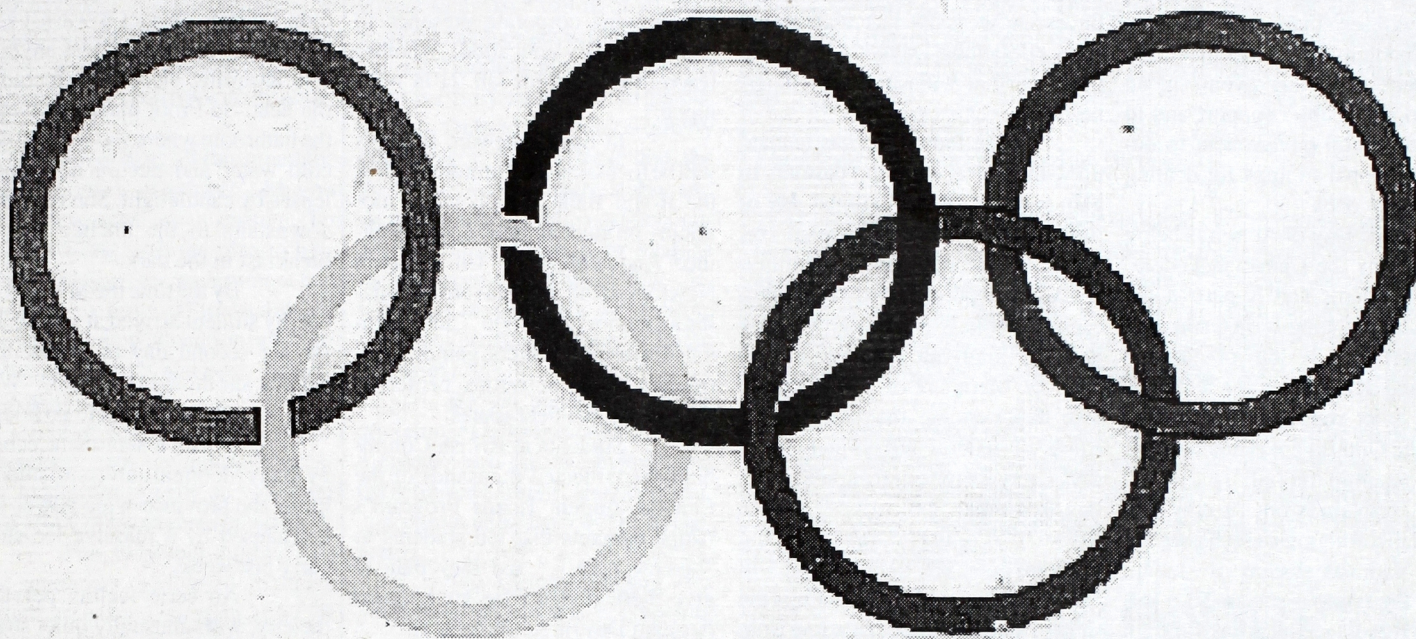
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Doing Blue Angels with the Olympic Flame Since 1961

Students to take nation-wide action against student debt

by Rachel Furey
The Ontario Bureau

TORONTO (CUP) — Tackling the student debt problem will be front and centre this month as

students from St. John's to Victoria gear up for a national Day of Action.

The protest is slated for Jan. 28 and will see students from across Canada participate in rallies, marches, workshops and other events in an effort to gain public support and to urge the federal government to develop a national strategy for dealing with student debt.

The Day of Action is being organized by the Canadian Federation of Students and is part of the organization's long-term campaign in support of a system of national grants and denouncing income-contingent loan repayment schemes, which the Ontario government plans to implement in the fall.

Canada is one of only two industrialized nations which does not have a national system of student grants. By comparison, a \$3.5-billion increase in education funding was recently announced in the United States, with individual student grants increasing by \$300.

"We want to send a strong message to the government leading up to the federal budget that students will no longer tolerate government inaction on the issue of a publicly-funded system of post-secondary education," Brad Lavigne, national chair of the federation, said.

The average Canadian student's debt load currently sits at \$25,000. And student bankruptcies have almost tripled since 1993, rising to 12,000 in 1996 from 4,500.

Lavigne says he hopes the

Day of Action will lend credibility to the federation's previous lobbying efforts.

"Meetings with governments and our research has limited impact unless the governments believe our message has widespread support. National Days of Action help illustrate that widespread support," he said.

The federation has teamed up with several coalition partners to gain support for the national day of protest, including the National Union of Public and General Employees, which represents provincial government unions across the country and several private-sector unions.

Members of the group are also experiencing tough times because of federal government cuts, says Larry Brown, the union's secretary-treasurer.

"[For us] it's job losses and program cuts. The details of the impact are different but the cause is the same—complete underfunding from the [federal] government," he said.

While the protest will target the federal government and push for positive student aid reforms in the upcoming federal budget announcement, university and college students are also targeting their provincial governments and they have come up with a number of innovative ways to try and force their governments to deal with the student debt problem.

At several schools student leaders are planning to tabulate the total amount of debt shared by their entire student body and use these amounts to send a signal to governments and administrators about the

"walls of debt" students will face upon graduation.

At Mount Saint Vincent University in Halifax, students are planning a teach-in Jan. 24 to raise awareness about globalization and the growing corporate presence in post-secondary education. Another teach-in is slated for Jan. 21 in Winnipeg.

In Saskatchewan, students will be focussing their protests against the Royal Bank, which has a monopoly on student loans in that province. And at Memorial University in Newfoundland, students are organizing an indoor rally-style "Cuts Carnival" featuring speakers, games, theatre and other activities centering around student debt issues.

Students in British Columbia have collected thousands of the Canada Student Loans Program's fridge magnets that tell students to "borrow wisely," and they plan to give them back to the government during a Day of Action march.

"You can sense the anger out there among students," Maura Parte, chairperson of the B.C. component of the federation, said. "You can sense that people feel there's a general attack on students because of youth unemployment, tuition fees, student debt."

Parte points to the recent APEC conference in Vancouver where, she says, the federal government displayed a lot of disrespect for students, as another source of student agitation on the West Coast.

"There's a lot of left over anger from [APEC]," she added.

Montreal students struggle to weather storm of a lifetime

by Idella Sturino
The Quebec Bureau

MONTREAL (CUP)—Kathy Proot woke up later than usual last Tuesday morning because her alarm clock didn't go off. In fact it wasn't even working—and neither was anything else requiring electricity, including the heat. So Proot made her way to the bathroom where she washed with cold water and put on her contact lenses by candlelight. She then went downstairs to the kitchen and ate breakfast in the dark.

By the time the McGill University student arrived at school, late for her second day of winter term classes, she thought to herself, "What am I doing here? I want to go home."

It was a sentiment echoed by many Montreal university students hit by the province-wide power failure caused by a massive ice storm early last week.

An eerie feeling pervades the city, with unusually quiet streets and trees disfigured under the weight of ice. Branches encased in inch-thick ice hover menacingly above people's head as they walk along the sidewalk, dodging falling branches and patches of sheer ice.

Yet during the first few days of what is being described as the worst ice storm Quebec has ever seen, most university students tried to carry on business as usual.

Slippery roads, closed highways and sidewalks littered with fallen tree branches impeded travel and yet students trudged on, making their way through slush, hail and freezing rain to get to their classes. At the same time, universities were trying to carry on as if Montreal had not been transformed into a frozen city of darkness. Most were initially unaffected by the massive blackout which plunged just under 1-million Quebec households and businesses into darkness, as of Thursday night. The storm also affected parts of Ontario and the Maritimes.

By the middle of the week Proot had already received assignments in some of her classes, but couldn't do them because her apartment had no light, her computer wouldn't work and she was too busy trying to stay warm.

"It is seven degrees in my house," Proot said. "So cold that I can see my breath."

Many students would have preferred to stay at home in the cold or to go to one of the many shelters set up across Montreal than deal with school responsibilities, but they came

to class anyway for fear of falling behind.

McGill student Shane Utter expressed a feeling of frustration and hopelessness at the situation.

"Things are getting worse and there's nothing you can do about it, yet I have to come to school," he said, adding that he preferred to be at home, tending the fireplace and caring for his 86-year-old grandmother and his dog.

But by Thursday, McGill and Montreal's other three major universities—Concordia, Université de Montréal and Université de Québec à Montréal—responded to the concerns of students like Utter by canceling all classes. They are not expected to re-open until Jan. 12, by which time the ice storm is expected to abate.

"Our concern is for the needs of our clients—the students and staff. It was felt that it would be in the best interest of students to close down the university so they can concentrate better on their needs," Roger Cote, Concordia's dean of students, said.

Bishop's University in Lennoxville, an hour's drive east of Montreal, has so far not been affected by the ice storm. The area is prone to flooding, which may result from the storm, and the university is ready to evacuate if necessary. Quebec's colleges, which don't resume classes for another couple of weeks, were also unaffected.

At McGill, as with the rest of Montreal and Quebec, the storm has had at least one positive affect, giving people an opportunity to lend a helping hand. The student union turned the student centre into a shelter Thursday night for students and their families who were stranded on campus or left in the cold by the blackout.

"A lot of people came to our front desk saying, 'We have no heat or hot water', and asking what we would do to help," McGill student union president Tara Newell, said. Once the decision was made to use the student centre as a shelter, dozens of students called to offer help.

In the end, though, only four students came to use the shelter. This was attributed by Newell to the little time the council had to get the word out. There were plans to make sure more people knew about the shelter for the weekend, but the project was scuttled when McGill's power went out Friday as a result of the spreading blackout.

The blackout spread Friday to Montreal's downtown core, which had been unaffected until then. Stores closed early and the streets were lined with slow-moving cars attempting to navigate without traffic lights. Pedestrians scrambled to make their way to the crowded bus stops and watched the passing army trucks with curiosity. Troops are assisting in the restoration of power to the area.

Hydro Quebec predicts that it will be days before power distribution is back to normal.

Wrongfully convicted man says law students should keep open mind

By Andy Vainio
The Lance

WINDSOR (CUP) — Guy Paul Morin says he hopes law students can learn from the 11 years he spent trying to clear his name of a murder he didn't commit.

"Hopefully they understand how justice could go wrong and realize that it's not a perfect system by far and [they try to] make it a better one by being fair when they get involved with the system," Morin said after speaking with University of Windsor law and criminology students last month.

Morin's ordeal with a justice system gone sadly awry began in 1984 when he was charged with murdering his 9-year-old neighbour Christine Jessop. The Queensville, Ontario man was tried and acquitted of the charges in 1986, but was retried and convicted in 1992. After spending a total of a year-and-a-half in jail and a quarter of a million dollars on legal bills, he was exonerated through DNA testing in 1995.

A public inquiry into Morin's wrongful conviction has brought to light admissions from two hair and fibre analysts who worked

on his case at Toronto's Centre for Forensic Science that they were aware since 1985 that the physical evidence used to convict him was contaminated. The Crown's case against Morin hinged on fibres found in his car and on Jessop's clothing.

"To know that [contamination] took place is a very scary thing," Morin told the students.

The centre will be reexamining 10 years worth of evidence used in other cases as a result of the revelations.

When asked what advice he would give to students studying law, Morin joked, "Never be a lawyer is what I say."

But on a more serious note, he commented afterwards that it was important for those who go into the legal profession to be fair.

"Not all people who are brought into court as an accused are guilty.... Being open minded in the whole process is the most important thing," Morin said.

Morin told the students that he isn't bitter, despite everything that he went through.

"If there's a little good [that came out of it], that's good enough for me," he said. "I'm not bitter because I see that some people tried to help out the proper flow of justice."

Morin announced that this was going to be his last public appearance. A music lover, Morin says he plans to become a piano tuner. But for now, the focus for him is moving on.

"I want to close the chapter on this dark moment of my life, if that is possible. I think it is," he said.

NEWS POLL

Do you think Louis Riel should be recognized as a "Father of Confederation?" Please respond to SCE 301 or s3600225@nickel.laurentian.ca.

Ontario's 1997 Budget

by Sarah Viau
Asst News Editor

Ontario's provincial government says that it is meeting its Balanced Budget Plan from 1995. The 1997 Budget states that Ontario remains on track to meet the declining annual deficit targets outlined in the Plan.

According to the budget, 1996-97 was the second year in a row that the deficit target was overachieved. Ontario has gone from an operating deficit in 1994-95 of \$2.3 billion to an operating surplus in 1996-97 of \$1.7 billion and \$3.5 billion this year.

Throughout the detailed descriptions of in-year changes, reference is made to "the strength of the economy in 1997". According to the provincial government, revenue changes reflected Ontario profits owing to "stronger 1997 economic growth", "the strength of 1997 corporate profits", and the growth of the resale housing market.

Ernie Eves, the Minister of Finance, credited increased domestic spending on personal consumption, housing and business investment for strong economic growth in Ontario last year. 1997 was also a year of strong job gains. Over the first nine months of the year, private sector employment increased by 204,000. The unemployment rate in Ontario was 8.4% in November.

Mr. Eves believes that, following a half-decade of limited and sporadic growth, the Ontario economy has entered a period of strong, sustainable growth. This is expected to continue, as the long-term effects of reduced taxes, low interest rates and a highly competitive economy promote confidence and investment. Private-sector forecasters expect Ontario to grow faster than

the rest of Canada over the next few years.

The Ministry of Education and Training reported a net decrease of \$159 million as a result of savings of \$190 million in the Teachers' Pension Plan based on more current information reflecting higher investment earnings; increased spending of \$14 million for Education Programs; and \$17 million for Special Opportunity Grants for students with disabilities.

What does all this mean for post-secondary scholars? Maybe some good news for a change. To align spending with the plan to balance the budget, the government has announced a proposal to establish a two-year funding allocation program for health, schools and post-secondary education.

Mr. Eves said "allocations will reflect both the amount necessary to support priority services and what Ontario taxpayers can afford".

The two-year budget for post-secondary education includes student assistance, starting at \$2.79 billion for 1998-99, which is an increase of \$30 million from last year. This figure is projected to grow to \$2.84 billion in 1999-2000, an increase of \$80 million over 1997-98.

The government has not mandated a tuition increase, but Boards of Governors at universities and colleges may choose to increase average tuition fees by up to 5% per year. Under the scheme, universities and colleges that do choose to increase their fees will be required to set aside a portion of their operating grants equal to 30% of any new revenues from tuition fee increases for the purpose of providing assistance to students in need.

"The allocations, and the other sources of funding that sectors have available, will provide a flexible, certain and accountable approach to meeting the challenge," Eves said.

In his Statement to the Legislature, Mr. Eves insisted that the government has "followed its plan and kept its promises to the people of Ontario," adding that the "government is firmly committed to all students in Ontario receiving a quality education". He reported that the government will ensure stable and secure funding, but the post-secondary education system must manage its resources carefully so that Ontario can maintain its outstanding system of post-secondary education and research.

He did concede that "the government is well aware of the rising debt loads facing students and the different earning capacity of students graduating from different programs".

The Ontario Student Opportunities Trust Fund is projected to assist approximately 180,000 qualified students over the next decade by creating permanent trust funds with assets of approximately \$600 million dollars.

With this new tuition policy framework, and with the improving economic standing of the province, Mr. Eves felt confident that "Ontario has once again become one of the best places in the world in which to live, work and invest". With the commitment and measures outlined in the budget, Mr. Eves added, "our government is confident that Ontario will continue to prosper, both economically and socially, into the next millennium".

NEWS BRIEFS

by Sarah Viau
Asst News Editor

Appointment of interim President and interim Vice-President

Laurentian University is proud to announce the appointment of Dr. Geoff Tesson as Interim President and of Dr. Hermann Falter as Interim Vice-President, Academic. These appointments were effective as of December 20, 1997, and continue until a new President takes office.

Dr. Tesson, former LU Vice-President, Academic, replaced Dr. Ross Paul, who will become the next President of the University of Windsor, effective January 28, 1998. Dr. Falter, a professor of Chemistry and Biochemistry, and former director of Academic Staff Relations, replaced Dr. Tesson.

LU Alumni elects new Board of Directors

The Laurentian University Alumni Association and Laurentian University's Alumni Affairs are pleased to announce that a new team was recently elected to serve as Members of the Executive Committee of the Laurentian University Alumni Association Board of Directors. Board members for 1997-98 are: Tracy Oost, President; Daniel Charbonneau, Vice-President; Jeff McKibbin, Vice-President; and Nancy Deni, Treasurer.

New President, Tracy Oost, indicated that her priority will be to build pride within the LU team of alumni, which is over 30,000 strong. The new executive will work in direct partnership with André Beaudry, Director of Alumni Affairs, in restructuring and improving how LU promotes the successes of its members.

COMMUNIQUÉ

Nomination du recteur et du vice-recteur à l'enseignement et à la recherche intérimaires

L'Université Laurentienne est heureuse d'annoncer les nominations de M. Geoff Tesson, à titre de recteur par intérim, et de M. Hermann Falter, à titre de vice-recteur intérimaire à l'enseignement et à la recherche.

M. Tesson, ancien vice-recteur à l'enseignement et à la recherche de l'Université Laurentienne, remplace M. Ross Paul qui a quitté l'Université pour assumer les fonctions de recteur de la University of Windsor à partir du 28 janvier. M. Tesson a été remplacé par M. Falter, professeur de chimie et de biochimie et ancien directeur des relations avec le personnel enseignant de la Laurentienne.

L'Observatoire de neutrinos de Sudbury

Une composante importante du détecteur de l'Observatoire de neutrinos de Sudbury (ONS), situé dans la mine Creighton de l'INCO près de Sudbury, vient d'être complétée. Il s'agit de la sphère de plastique acrylique de 12 mètres de diamètre, la plus grande du monde en son genre, qui contiendra 1000 tonnes d'eau lourde, le matériau unique de détection des neutrinos, lorsque l'Observatoire commencera ses opérations au début de cette année.

Le nouveau Conseil de direction de l'Association des anciens

L'Association des anciens et le Service des affaires des anciens de l'Université Laurentienne sont heureux d'annoncer qu'une nouvelle équipe a été élue au bureau du Conseil de direction de l'Association. Il s'agit de Tracy Oost, présidente; Daniel Charbonneau, vice-présidente; Jeff McKibbin, vice-président; et Nancy Dent, trésorière.

La nouvelle présidente a indiqué que sa priorité serait d'insuffler un sentiment de fierté chez les anciens, qui sont maintenant plus de 30,000. Le nouveau bureau collaborera directement avec André Beaudry, directeur des Affaires des anciens, pour réstructurer et améliorer la démarche suivie pour promouvoir les succès des anciens.



Incoming President of the Alumni Association, Tracy Oost, will try to build upon "the growing sense of pride" among LU graduates.

No Consensus on Reconciliation

by Norman Shields
News Editor

January 7 1998 — The federal government delivered its initial response to the recommendations of the Royal Commission on Aboriginal people. The response consists of a statement of reconciliation to Canada's Aboriginal Peoples and a four-point action plan to heal a relationship strained by one hundred and fifty years of "paternalism and disrespect".

The reconciliation comes with a \$350 million healing fund, to be disbursed over the next four years. In addition, the federal government has committed to spending \$250 million in the next fiscal year on areas covered by the "action plan".

But the response received only a partial endorsement from Aboriginal leaders, as Canada was reminded of the diversity of experience of Aboriginal peoples. Phil Fontaine, president of the Assembly of First Nations, was the only Aboriginal leader, of five, to fully endorse the response.

The Royal Commission on Aboriginal Peoples delivered an exhaustive 3,500 page report in November 1996 that makes 440 recommendations relating to the relationship between Canada and Native peoples. The federal government's re-

sponse, according to Jane Stewart, minister of Indian Affairs and Northern Development, is to be taken in the "broadest terms", and should not be construed as the end of the work of the Royal Commission.

"It is the beginning of how we will conduct ourselves with our newfound insight and knowledge," said Ms. Stewart, who counts herself among the few to have read the report in its entirety.

While Mr. Fontaine accepted the new beginning, other Native leaders from across the country, could not. Gerald Morin, president of the Métis National Council of Canada, although pleased with the proposed exoneration of Louis Riel at parliament and with the statement of reconciliation, finally criticized the action plan, saying "[t]he recommendations pertaining to the Métis Nation have been ignored."

Okalik Egeesiasik, president of the Inuit Tapirisat of Canada, had a similar complaint when she expressed her disappointment that the reconciliation did not address "relocations" of Inuit communities.

But it was Harry Daniels, president of the Congress of Aboriginal Peoples (an association repre-

senting non-status Indians and off-reserve Indians) who perhaps expressed the dissenters' attitude most directly when he characterized the official response as being an agreement between the AFN and the federal government. He then called for "equality of Indians" in political negotiations.

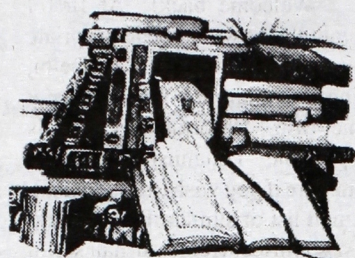
Mr. Daniels, along with Marilyn Buffalo, president of the Native Women's Association of Canada, deemed the statement of reconciliation to be insufficient, and called on the government to deliver an official apology in the House of Commons, as Brian Mulroney did for Japanese Canadians in 1988. Ms. Buffalo also called on the federal government to restore the bilateral relationship—federal/Aboriginal—that treaties represent. She said this relationship is necessary to prevent provinces from "vetoing land rights" of Aboriginal peoples.

Fred Kelly, an Ojibwa Elder, was the last speaker, and he chose to congratulate Mr. Fontaine for his "strong leadership" leading to, what he called, the most significant attempt in modern history at reconciliation on between the Canadian

continued on page 7...

The Amiable Librarian

This column is based on questions or suggestions received by staff members or the Desmarais library, either personally or on the "Compliments/Suggestions/Questions" form that may be filled out near the exit of the library.



Question: Did Arnold Toynbee's book, *Lectures on the industrial Revolution in England* (1884) use the word "Industrial Revolution" for the first time? D Buse.

Reply: No. The phrase first appeared in John Stuart Mill's *Principles of Political Economy* (1848). This information is derived from the Oxford English Dictionary located in the Reference section of the library on the second floor (REF PE 1625 08 1989). The OED is an etymological dictionary; that is, in addition to defining words, it also reviews their use over time.

Question: I have to find current newspaper articles on Workfare in Ontario. What's the best way? -Puzzled.

Reply: You would think from reading past columns that the Amiable Librarian is about to make another pitch for Lexis Nexis, a service that definitely includes full text of newspaper articles. But the problem with the Lexis Nexis-yes, L-N is not perfect- is that the service does not contain all that many Canadian sources. Since your topic is Canadian there is in fact a better way - WebSpirs.

The Amiable Librarian has not been promoting this service very much but it's time has come. WebSpirs is available from the library's home page: (www.laurentian.ca/www/library/jnd.html) and this means that even if you are at your own home, you may access the service there. To be sure, the prerequisite

for access is a graphical browser such as Netscape of the Internet Explorer and if you don't have this at home, then you can go to most of the student labs on campus-or as a last resort, even visit the library.

When you reach WebSpirs you will need to log on and enter a password. So here goes-the login is: lauruni and the password is lucc96.

Once signed on to WebSpirs you can access *Canadian Business and Current Affairs* (full-text since 1993) as well as the *Canadian News Disc* (full text since 1996). This is where you will find oodles of information on Workfare in Ontario.

In addition WebSpirs provides access to Current Contents and three other databases that will blow your socks: the Canadian Education index (1977-), the MLA Bibliography (1963-) and Repère (1980). The first two of these databases used to be available on CD in the library but now they are accessible from wherever you are; the third has never been available and is proving extremely popular with the few francophone students who have learned of its existence.

Residence life

by Sam Rook
contributor

welcome back to all residences of UC, SSR and MSR. I hope that everyone had a good break and ready for another semester of rez excitement. This past weekend was UC's annual Carny week. Results were not available at press time so watch next week of the full run down.

This upcoming weekend is the Spad Hockey tournament. Teams from around the campus and from other colleges and universities around Ontario will participate. Good luck to both the UC unicorns and the SSR Devils. Maybe we can have a UC verses SSR final?

Paulette and Jen would like to thank all those people who donated a toy for the Angel Tree at Christmas. The true spirit of Christmas shines in all of you. Your small contribution helped to brighten a child's Christmas.

A small reminder to everyone about their responsibilities during a fire alarm. If you hear the alarm, you must leave immediately and go outside via nearest exit. If you are caught inside your room during an alarm you can be evicted from residence, but worse can happen if the alarm is real.

What You Can Do About Student Debt

Are you fed up with an INCREASING DEBT LOAN? Have you had enough of TUITION HIKES? Join thousands of other students across Canada to participate in a Nation Wide Student Day of Action. January 28, 1998 is a day that will be remembered by the federal and provincial governments, for it is when they will receive YOUR message of discontent with the current state of post secondary education.

Your student association, the SGE/AGE is in the planning stages for this day. Laurentian University is joining forces with Nipissing University and other Northern schools to create awareness across Northern Ontario about the current crises facing today's students.

The activities have already started! look for information tables this week and until January 28, outside the Great Hall and in the Bowl-

ing Alley. Learn everything you need to know about tuition fees, and deregulation, income contingent loan repayment schemes (icrp) and a national system of grants. Then, once you agree that tuition increases are too much and YOUR accessibility to a university education is being comprised, sign a petition that will be sent to the Ontario Legislature.

Wednesday January 28, 1998 is a day that will be full of activities, but most importantly it is your chance to be heard. All interested students can learn more by contacting Jennifer Chamberland at the SGA/AGE office at 673-6547.

These events are part of a cross Canadian day of mass mobilization being organized by members of the Canadian Federation of Students, and is expected to be the largest student rally since the January 25, 1995 Student Strike.

Jennifer Chamberland
SGA VP External

DEVELOPMENTS IN 2ND TERM!

Welcome back everyone and from all of us at the SGA we hope that you had a happy and safe holiday season. Things are already in full swing and it is only the second week of school.

To update you on the administrative changes that have occurred, Dr. Geoff Tesson is now Acting President and Dr. Herman Falter is Acting Vice President Academic. The Presidential Search committee hopes to bring forward a nomination by the end of this month, with the new President taking office in July. In the mean time things are not slowing down. Just before the holiday break the Provincial government announced tuition levels for schools for the next two years.

Minister of Finance Ernie Eves announced that schools could raise tuition by up to 10% in each of the next two years. That means an additional \$300 per year. This announcement puts the smaller schools like LU in a difficult position, since no new funding has been added. Students need to show the administration of this school that

this additional money is not acceptable. This increase in tuition will be a detriment to our students and to our enrollment numbers. As it stands now the admin. is seriously thinking of the full %10 hike. Laurentian Budget discussion have begun and now is the time to voice your concern.

This is also the time of year that SGA elections are fast approaching and nominations open for positions on January 29, 1998. If you are thinking of running for a position, stop by the office and find out what the job entails, one of the Executives would be happy to help you. Last year ended on a positive note with many students here at Laurentian taking the time to write to Laurentian administration and voiced their concerns. We would like to congratulate you on your hard work and say to keep it up, because it does make a difference. Good luck in the second term and remember we are here to work for you.

Mike Grube
SGA President

SGA AGE

January.

Jan 15 Rick Bronson in the Pub Down Under

Jan 17 **GRANDHARVAS IN THE PUB DOWNUNDER.**

Tickets: SGA/AGE \$6 in advance, Non SGA/AGE \$10

SGA/AGE \$8 at the door, Non SGA/AGE \$12

If you are representing Laurentian in the SPAD Hockey Tournament and you are an SGA/AGE member, you save \$2. Tickets can purchase from the SGA office.

February

Feb 5 to 7 SGA/AGE Carny Week. Stay tuned for information about registration, events and entertainment (Concert Series #3)

Feb 9-12 Safe Break Week. This week is to promote awareness around alcohol, safe sex, to ensure a safe and happy Spring Break.

For more details on these events and other information see

Christina Hayden
VP (SGA) Services



SGA Winter Carny '98 February 5-7th '98

Are you tired of the hassle of getting people to commit to events, getting people to pay, registering on time, organizing people for events and making sure that you have the gender distribution needed to compete. Well, the SGA/AGE has responded with a **hassle free** Carny Week.

For the first time ever, SGA/AGE Carny is **FREE** to all members.

The events are **open to everyone** within the Laurentian community. Students will **not** be required to **pay a registration fee** Students will **not** be asked to **join teams**.

Everyone who participates will be eligible for **prizes**.

Events will begin on Thursday, February 5.

Are you interested?.....

Stay tuned for more details.



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General Meetings: Fri. at 2:00 pm

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Write to us but remember...

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Notes from the File

by Norman Shields
News Editor

Life after politics? After delivering the keynote address at this year's Native Awareness Week and in the shadow of six years as president of the AFN, Ovide Mercredi has been appointed a Special Adjunct Professor at the University of Sudbury. He will deliver four public lectures this spring, beginning with an address on the Report of the Royal Commission on Aboriginal Peoples, entitled "Is the Federal Government's Response to the Royal Commission on Aboriginal Peoples an Act of Respect or Contempt for First Nations?" The first lecture is scheduled for Wednesday, January 21 at 7:00 p.m., but the venue has not yet been released. Mr. Mercredi's speeches will come at a delicate time in Aboriginal politics. The AFN is in a period of adjustment after Phil Fontaine replaced Mr. Mercredi as president of the AFN last summer, and there is no national consensus on the response to the Royal Commission on Aboriginal Peoples released last Wednesday by the federal government.

Mr. Sopinka's replacement on the Supreme Court of Canada, announced last Thursday, share a very unique distinction. Ian Binnie, a Toronto lawyer who brings civil, criminal and constitutional Supreme Court experience with him, will join the highest court in the land without having served as a Justice in the lower courts. Another vacancy on the Supreme Court is expected in 1999, as Mr. Justice Peter Cory has publicly speculated retirement.

I don't like flying. I never have and never will. I'm scared, but I'm not a wimp about it. If you have to fly, you fly - know what I mean? I was in Halifax over New Year's, attending the annual adventure in decadence otherwise known as the Canadian University Press annual

conference. The flight to Halifax, on one of those Airbus things, was kind of rocky - heavy turbulence, I mean - but I just laughed it off. We landed, as I knew we would, in perfect condition early in the Maritime afternoon.

The flight back was a different sort of experience. Again on the Airbus from Halifax to Toronto, but this time, the ride was much smoother, and I slept all the way. I didn't fly to Toronto when I left for Halifax, so I was quite unprepared for the plane that waited to whisk me home to Sudbury that early Saturday morning. I don't know what the plane is called, but I think it holds about 24 passengers, is powered by these two props that rattle the plane from taxi to landing, and actually has a lock on its liquor cabinet! Anyway, before lift-off, the ticket agent informed us that there was fog in Sudbury, and that current conditions were below Air Ontario's standards for landing. The plan, then, was to fly us to Sudbury in the hope that the fog would clear in time for the flight's ETA, 10:00, an hour and something later. It didn't. The fog in Sudbury persisted, and so the pilot informed the cabin that the plane would follow a holding pattern until 11:15, at which time fuel considerations would force the plane back to Toronto.

I was not prepared for this kind of excitement. I had slept, fitfully, for only two hours before rising at the ungodly hour of 4:00 a.m. to reach my flight from Halifax. So, I slept some more. At 11:08, the pilot told the passengers that the Sudbury Tower had advised that there was a "brief break" in the weather system, and that he intended to land the plane. I tightened my seat belt, and the plane began its long descent. My sight was transfixed on the fog that cloaked the sweet, sweet

earth. Fog, more fog. Descent, more descent. I was thinking to myself, how long does it take in one of these planes? Then, for a fleeting moment, I glimpsed the earth through its misty cloak. Suddenly the plane leapt upward, straightening its passengers, to ascend once again to the untroubled firmament, and to return to Toronto.

Now, considering that the flight is only one hour, it doesn't seem to make sense to send a plane out before appropriate landing conditions exist at the destination. No planes could land at Sudbury that day until late in the afternoon. I, and the passengers from the first two flights, were not on any of them. Instead, my compadres and I were chartered a bus that would take us in comfort to Sudbury - Airport, that is. Both the driver and the airline representatives were remarkably unbending on this issue, as passenger after passenger asked if they could be dropped off downtown. No, they answered, the contract calls for the Airport. We arrived at Sudbury Airport at 8:30 p.m., ten and a half hours behind schedule, with the temperature dropping fast after a mild, foggy day.

Moral of the story? I hate flying, but two thumbs up for safety in Canadian skies. Two thumbs down for the bus option: if it's a regional flight, wait for the next one, you might as well. You can go drink \$5.50 beer, while you wait. Flying sucks, next time I'm taking the train.

One interesting thing that came out of all this, I should mention, was my encounter with an old classmate from high school. She is now a teacher in Moose Factory, and was returning to her students when her flight to Timmins was, like mine, turned back. She approached me in the Air Ontario lobby - I must admit, it was nice to see someone from those days again. Flying still sucks though.

chases now and then. Also, consider asking for a lower limit, thereby forcing yourself to limit spending. 7 - Interest is a killer! If you are surviving by paying the minimum payment, you're hardly even covering the interest! If you're bogged down with several high-interest debts, I have one word for you: **Consolidation!** By combining (or consolidating) your debts, it is often possible to obtain a lower interest rate, and thus pay the debt more quickly. 8 - Credit cards itemize all of your expenditures, an excellent feature to show where you can cut spending.

Credit cards are convenient, easy to use, and widely accepted. They offer an opportunity to establish a credit rating and learn money-management skills. However, they may be *too* easy to use, facilitating a downward spiral into long-term debt. If you think plastic will burn a hole in your wallet, maybe you should wait a year. Or at least until credit interest rates go down. And that's my two cents' worth.

Coffee Stuff

by Dylan Callens
Columnist

Welcome back! At first I thought that it would be appropriate to sit here and make fun of Delhi, trying to explain the horrors of my hometown. Unfortunately, this is not possible. You must witness this nightmare if you wish to understand. A small list of similar things would be: wisdom teeth removal, hair set on fire, lobotomy... Instead, let's delve into aphorismicish (afore-isimick-ish - it's a word now) fun. I hope that it isn't too hard to follow; they are a little strange.

1. Sitting, sipping my coffee, alone. I, a shell of a man without you in my life. You were one of a kind, always so happy. It was too bad that you lost your legs and I had to throw you out. This is how I felt the day I tossed my frog that I got from a Kinder Surprise Egg.
2. A thousand pounds shed from my shoulders, I could fly again. The overbearing luggage tossed like a sack of moldy grapes into a river, where it will be quickly forgotten. I cheered the day my girlfriend and I broke up.
3. So salty and tasty, how could one resist but to spread you across the floor and put you into positions never before dreamed. We started out by eating you, but that wasn't enough, there had to be more. Jim and I now know that pretzels are good for both eating and creating pretzel stick pornography.

4. Smack, Crack and Pot - Dave's Rice Crispies.
5. Cigarettes and alcohol are legal. Cigarettes and alcohol are also addictive. Marijuana and mushrooms are illegal and non-addictive. Does this mean that cocaine and heroin should be legalized?
6. So fuzzy and warm, bringing joy to each person that you come across. I screamed when I heard you had been turned into mittens. When Stephanie finally told me that Neuter, my armadillo, was safe and sound, I sighed a sigh of relief.
7. Soldier boy, soldier boy, oh that nutty guy. He ate some chili, it was hot, then he started to cry. Just as the clock turned four, soldier boy ate more - My God! Soldier boy, you're a nutty guy.
8. While the Hyenas were out one day, they came across a pack of rabid Lemmings. "We're going to infest you with rabies," said the evil Lemmings. Fortunately, the Hyenas were much more powerful and were able to kill the Lemmings. I'll give everybody three guesses as to what the moral of this story might be.

PS - Do not listen to Jocelyn, Spaghettios and Twister do not belong together. Why they were even mentioned together is beyond me and I think that she owes us an explanation.

Next Week: Spaghettios and Twister?

Callens apologizes to Klutzy

Letter of Apology to Klutzy

In volume 36, issue 10, of *Lambda* (November 20, 1997), I wrote an article entitled "Bring in the Clowns." It has been brought to my attention that, although the intention was comedic, some were offended by certain lines of the text: "I stood there thinking to myself that it would be fun to casually walk up to Klutzy's open window and slug his red nose. I almost felt that it was my duty to hit him...Clowns are either satanists or nazis...Are there any questions left as to why I wanted to sock Klutzy in

the shnoz..."

I would like to stress that I am not going to lash out at Klutzy, nor do I really believe that clowns are satanists and nazis. The only purpose for my writing those lines was entertainment. I retract these statements and apologize to Dale Rancourt for any anguish I may have caused.

Sincerely,
Dylan Callens



My Two Cents' Worth Credit Cards: Friend or Foe?

by Jane Djivré
Columnist

It's the post-holiday season. Many people are plagued with credit card debt, a bill that seems to take on a life of its own after compound interest kicks in. Credit cards are shunned by many as tools of destruction, but if managed correctly, they can actually work for you. Though featured in *Lambda* before, here is some info and easy tips on credit.

Quick Info:

- 1 - Your credit rating is very important to obtain future loans at reasonable rates, and can be negatively affected by missed credit card payments or by defaulting on loans you are now remitting.
- 2 - You can find out what your personal rating is at the Credit Bureau, 1855 Lasalle, 560-4140. Go there and fill out a form; the information will be mailed to you shortly thereafter.
- 3 - Credit cards vary in fees (\$0 to \$30+) and in interest rates (from around 9 to 17.5 per cent).
- 4 - Some cards offer bonuses such as Air Miles, First Home dollars, or

GM dollars.

The Smart & Savvy Side of Credit:

- 1 - Pay your bills on time.
- 2 - Don't spend more than what you have. If you tend to overspend, try noting all your purchases on a Post-It on the back of your card to keep a running tally.
- 3 - Note your purchase dates and the statement date and plan when you spend. For example, if your billing date is December 25th, to be paid in January, a purchase on December 27th will be on the February statement (instead of January's), giving you much longer to pay.
- 4 - Many charitable donations can be made via credit cards, not only giving you tax-deductible 'purchases', but also giving bonuses (see Quick Info #4) and a grace period to pay.
- 5 - Avoid putting groceries and other consumables on credit if you know you can't pay the bill. You will be paying for goods long after they have been enjoyed!
- 6 - If you go nuts with plastic on hand, get yourself an accountability partner who will monitor your pur-

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Enter Stage Left

Fear and Loathing in Niagara Falls New York

by Todd Bosak
Columnist

I had the opportunity to go home to Welland over the holidays. While I was able to do many of the things that I like doing when I'm home, I missed one of my favourite pass-times. I missed crossing the border and visiting the United States.

Ever since I can remember, I have been going over to Niagara Falls New York (a suburb of Buffalo) for chicken wings, smokes and beer. At Honey's Bar and Grill, 1229 Pine St. - a large stucco building with a large pink elephant holding the sign out in front - one can find the best wings and pizza in the world.

Besides getting some of the best food this side of Chicago, there is much sight seeing to be done. While I'm there, I can always count on seeing numerous things that remind me why I'm a socialist. This town of 85,000 is the sight of numerous chemical plants and dumps (including the infamous love canal site), XXX theatres (actually, the only type of cinema in this town), and slums which feature liquor stores on every

corner. In short, everything that is wrong with free market capitalism can be found here - free to see for every Canadian who wants to stop by for some food, a pack of Marlboros or a "12" of Rolling Rock Ale (highly recommended).

Within this community of rickety homes, sulfurous factories, drug abuse and despair is a message for all of us as we begin to hear stories of tax cuts being on the next election platform of the Reform Party. In this community, we can see signs of our distinctness from our neighbours to the south. It speaks of the need to support social programs of all types. It tells us that all promises have a price to be paid. It tells us that a tax cut à la Preston Manning (or Mike Harris provincially) may very well lead to the erosion of the very things that keep slum scenes like that of Niagara Falls New York (or Flint Michigan, Cleveland Ohio, South Central Los Angeles California, Tupelo Mississippi, East St. Louis, Newark, etc...) from occurring here in Canada. Why?, because a tax cut does not happen in isolation. For

every dollar that Preston Manning promises back to the wealthy, a dollar will be taken away from health, support for the elderly, support for the needy or from students. With every dollar given back to those who do not need it, we come one dollar closer to the Darwinesque nightmare that is called the American city.

The people of Niagara Falls might not articulate their position too well. The lack of a left alternative in the U.S. political arena combined with what can only be called bonehead leadership in the American trade union movement, has left most poor Americans with little real way to fight for their rights. It is clear, however, that something went horribly wrong, something that can be avoided here. All it takes is a resolve to not be seduced by a Reform party tax cut, as well as the resolve to reaffirm the belief that the quality of this country is directly tied to the quality of life for the poorest among us. Although it wouldn't hurt to get some better chicken wings up this way. (Recipe for Honey's wings: Tabasco sauce, vinegar and margarine.)

Tales from the Right

Dispelling Myths About Conservatism

by Andrew Van Oosten
Columnist

To be a conservative is to be a realist - to accept things and people as they are, not as some abstract philosophy or ideal demands they be. Conservatives base their judgements on experience, in order to act for the present and plan for the future (as seen in *The Common Sense Revolution*).

Leslie Frost, former Premier of Ontario, said "The objective of a political party should not be one of winning elections and political victories as such, but rather the formulation of policies and the accomplishments that arise from them." Conservatism is a way of planning ahead, of providing leadership and of reacting to day-to-day events.

The conservative believes in a society of individual enterprise and responsibility. They do not want people to be dependent on the government for their means of life. The conservative appreciates the complexity of our society and, rather than fight it, attempts to make society work

for the benefit of all.

The goal of the conservative is to create a society where human betterment balances economic growth. The preservation of family ties, the strengthening of community life and the defence of individual liberties are as important to the conservative as economic development, social services and public works.

Conservatism draws together different peoples and establishes a middle ground where everyone can work together. This was well summed up by another former Premier of Ontario, John Roberts, when he said "Equality of opportunity and freedom to take advantage of opportunity must always remain the guiding principle of our party."

Conservative ideals are as fresh and alive as they were when John Sandfield Macdonald led the first government of this province, when Sir James Whitney created Ontario Hydro, or when George Drew laid the foundation for modern Ontario with the "Twenty-Two Points".

Conservatism has provided the farmer with better agricultural techniques and income security. It has protected the worker and defended the right to organization in the workplace (despite the OPSEU and teacher's strikes). Conservatism has opened up the resources of Ontario to orderly, effective development. It has established a framework of laws to ensure that economic growth and environmental protection work for common goals.

Conservatives believe in the rights and liberties of all. They use the tools which the community provides to encourage individual enterprise, to create opportunities for jobs and development, and to strengthen and extend the high quality of life we enjoy in Ontario. Said Bill Davis, another former Premier of Ontario, "A conservative respects, protects, and enlarges human opportunities. The questions - is it fair? - is it right? - does it respect individual freedom? - are the questions conservatives ask before acting."

Can you afford over \$40,000 for your education? There is a crisis in post secondary education and students will pay for it unless we act now.

10 Reasons why every student, parent and concerned citizen should reject Income Contingent Repayment Plans (ICRPs):

1. ICRPs cause low income earners to pay much more for their education. Students with consistently low incomes after graduation could accumulate a balance of nearly three times their initial principal over the 25-year repayment period.

2. In recent models presented by the government, 20% of all student borrowers will not be able to pay back their loan after 25 years. The default rate can be as high as 43% for women borrowers.

3. In every international case that ICRPs have been introduced, tuition fees have increased drastically. New Zealand, Australia and Great Britain have all introduced large tuition fee increases at the same time as an ICRP. In Australia, an ICRP was introduced in 1989. At the same time, students saw their tuition fees increase from an administrative charge of \$263 to a set fee of \$1,800 - a 584% increase in one year.

4. In the Canadian context, every proposal in favour of ICRPs has also recommended large increases in tuition fees. Most recently, the Advisory Panel on Future Directions for Postsecondary Education recommended the immediate implementation of ICRPs in combination with

the complete deregulation of tuition fees. Such a move would not only result in massive tuition hikes, but also in the creation of a two-tiered education system in Ontario.

5. Tuition levels in Ontario are too high. Since 1982-83 tuition fees have risen by 200%. In just 10 years, tuition fees have risen by 140% while the rate of inflation has stayed at 2% or less. Fees in Québec are only \$1700, while counties such as France pay a total fee of \$150.

6. There are better alternatives for increasing accessibility to post secondary education. The Canadian Federation of Students consistently produces alternatives which would substantially improve access to post

secondary education for all Canadians.

7. ICRPs allow the government to reduce its responsibilities for post secondary education. Stable government funding needs to be established so that universities and colleges do not make up for funding shortfalls on the backs of students.

8. You have already prepaid for post secondary education via the tax system. You should not be paying excessive tuition fees on top of the tax dollars you have already given to the government for the provision of services including post secondary education.

9. Student debt loads are too high.

so-called tragic deaths that have been covering the news. I am speaking of celebrity deaths like Chris Farley. This was not a tragedy. He was a drug and alcohol abuser who was being paid millions to fall down and act like an ass! Everyone I know was running around so sad that he had died calling it a great tragedy. This was not a tragedy, this was basically prolonged suicide! Farley killed himself and should not be felt sorry for. A tragedy is an "extremely sad or fatal event or course of events" (Webster's Dictionary). The only thing tragic about Farley was the fact that I had to sit through Black Sheep and Beverly Hills Ninja. That is four hours of my life I will never get back!

Tragedy is the death of Princess Diana, or the loss of Mother Theresa, not the loss of a drug abuser. Tragedy is the yearly loss of life among homeless families in the winter, children who are beaten by adults or innocent victims of drinking and driving accidents. I have lost friends who were innocent bystanders, their lives cut short for no reason but the stupidity of another. Would it have been such a tragedy if Chris Farley had killed some pedestrians driving in the drug induced haze he was in? We as a society put these so-called stars up on pedestals and glare at them like they were superhuman. When they are brought down to our level or lower through death, we call it a tragedy. What was so tragic? That Farley could not handle the mixture of cocaine and morphine that he took, or was it the fact that he will not get to live out his life of making millions to abuse himself and break the law? To me, it's tragic that he was ever considered a star!

My challenge this week is for you to sit back and remember those around you who have died before their time. Did they deserve to live another day? What could they have done with the time that Chris Farley wasted on drugs and alcohol? It's sad when time and life is wasted on those who abuse it. What's tragic is that society will actually call the death of Chris Farley a tragic incident in the history of Hollywood. To me, he was just another skid-mark on the underwear of life. And hey, if you don't agree, that's fine, but remember.....it's my ring and you have to step in!

by Bryson McCarthy
Columnist

Get In The Ring

It's a new year, and time for me to start throwing out the first challenges of 1998. I have two major issues this week which both stem from incidents near the end of 1997.

My first challenge goes out to those of you who in the beginning of December decided to throw empty beer bottles and cans on the ground outside of the Parker Building entrances (by The Pub). Do you have no respect for this school? I understand having a few drinks before going to the bar, but why the hell do you have to throw the empties on the ground for someone else to pick up? Our school is trying to change its reputation and I bet this helps loads!

My parents and grandmother decided to visit over the exam break and as I took them around the school, I was embarrassed when my grandmother noticed and pointed out all the empties. I am proud of this school but I had to explain to her that there were some \$\$\$@ing a\$\$holes who think they are above using garbage cans and felt it okay to drink and litter on the school property. My parents looked real thrilled too! They send me to this school and this is what they see. I showed them everything I could to impress them with Laurentian, but I know that the empties will stand out in their minds for a long time. This is not the picture that I want my family having of this school. Another amazing thing is that the empties were there for at least two weeks. I took the bottles and returned them with all my empties at home, but left the cans to see how long it would take before they were cleaned up. TWO WEEKS!!!! Was no one else offended or disturbed by this? I don't think the school should have to clean up after these drunks, but these empties were there for way too long!

For those of you from rez (and we know you are from rez because no one intentionally drinks beer out of a can) who felt that just dumping your empties on the ground was okay, I say you're lucky I wasn't around. I'd take those empties and recycle them right up your a\$\$! This school is your property and home to most of us. Would you do this on your own lawn (God, I sound like my father!)? Have some respect. You are grown ups now, maybe you should try acting like it. You want respect.... try giving some first.

Another problem I have is the

Students in Ontario have an average debt load in excess of \$20,000 (students in Québec have an average debt load of \$8,000). Under ICRPs, debt load will rapidly increase. The average student will pay back about 1.7 times the amount originally borrowed. Currently, the same student would pay back just over 1.3 times the principle.

10. Post secondary education is a right and must remain accessible to all. We can not afford an American style elitist school system that is available for the children of the wealthy.

A message from the LU SGA/AGE and the Canadian Federation of Students.

LU's Model Parliament to be held in the "Holy Land"

by Norman Shields
News Editor

The sixth annual Model Parliament, sponsored by the LU Political Science Association, will be held in the "green room" at the House of Commons, making LU only the second University Model Parliament to gain access to Canada's "Holy Land" of politics. The 6th Session begins at 10:00 am, on Friday, January 23, 1998.

Representation is based on the political affiliations of the participants themselves. Thus, the Liberal Party will form a minority government with forty seats, with the NDP, not Reform, as the official opposition, and holding twenty-five seats. The PCs will have twenty seats, the Reform Party will have six, and their will be four Independents.

Although minority governments can make for some interesting politics, it is unlikely that this particular mix of MPs will engage in the sort of pre-Confederation cross-party dealing that has come to symbolize minority governments. Barring a significant number of defections from the Liberals or the NDP to either the PCs or Reform, the right-wing parties do not have the combined strength to challenge the Liberals.

Neil McGraw will be the Prime Minister. He earned last year's prize for "Best Cabinet Member", in recognition of his efforts as Minister

of Justice, and had previously been the Liberal financial critic at the 1996 Model Parliament. The Liberals will introduce a Budget under Finance Minister Kate Moreira and will introduce a bill to "regulate" new reproductive technologies. There is currently no legislation in Canada to regulate such things as In Vitro Fertilization and, a more recent development, cloning research.

Todd Bosak, past-president of the LU NDP, will serve as NDP leader. He is the obvious choice for this position, given he was last year's recipient of the "Best Party Leader" prize. The NDP will introduce a bill to the Model Parliament which will attempt to "restore federal presence in national social programs".

Andrew Van Oosten, President of the LU Progressive Conservative Association, will be the PC party leader at the Model Parliament. The PCs plan to introduce a bill that would lead to the privatization of Canada Post.

Jim Chehade, vice-president of the LU Political Science Association, will be the Reform party leader, but has yet to announce his party's legislative agenda.

The parties' draft bills will be featured in next week's *Lambda*. Plans to televise the Session on CPAC were scrapped this week.

Petition Reaffirms opposition to Bill 160

by Norman Shields
News Editor

The LUNDP and the LU Coalition for Social Justice announced to the local media on December 4 that they had solicited over five hundred signatures from the campus community on a petition demanding a provincial referendum surrounding Bill 160. As of press time, the number of signatures had grown to more than eight hundred, with still more petitions still in circulation.

"There has never been such a large outpouring of opposition to a government initiative within the Laurentian University Community," wrote LU NDP President, Andrea McNeilly.

The petition initiative grew out of provincial PC platform that would see referendums called on sensitive and controversial legislation. Acting on comments made by Mike Harris before elected premier of On-

tario, the East Toronto Parents' Network initiated the petition drive. Organizers hope to amass the signatures of 10% of the provincial population in order to force a referendum.

The eight hundred signatures compiled at LU represents almost 20% of the campus community, far above the needed provincial average. After a slow start, Todd Bosak has said that the petition drive is gaining momentum in the wider Sudbury community.

But in other communities, the initiative has had less success. At Queen's University, for example, the graduate students association's president admitted that the petitions have not received much exposure.

Dr. Ross Paul, LU's former President, signed the petition before leaving for the University of Windsor in December.

"Healing necessary"

continued from page 3...

government and Native peoples. He told the press conference that "[p]atience, understanding and forbearance are our duties."

Mary Ann Corbiere, the Chair of the Native Studies Department, welcomed the statement of reconciliation and the \$350 million healing fund for survivors of the residential school system. She characterized the response as an "appropriate first

step", whose success will be measured by the implementation of the programs themselves.

According to Ms. Corbiere, under the residential system, students were separated from their families and communities for ten months of the year. "The healing programs are necessary," she said.

She said that there is now a "good core group of social workers" trained in the Sudbury Region to meet the healing challenge.

McDonough and Harris go head-to-head

Corporate downsizing hijacks journalism debate

by Norman Shields
News Editor

HALIFAX (CUP) — Two very different culprits were blamed for the decline of solid investigative reporting in a debate between Michael Harris and Alexa McDonough, last week.

While Harris, co-host of Sunday Edition and a regular columnist for the Toronto Sun, pointed his finger at individual journalists, McDonough, national leader of the NDP, expressed concern over the influence of corporate ownership.

McDonough said journalism has undergone a number of significant changes over the past few years, adding that the field has not escaped the corporate downsizing trend.

"Some of the changes...specific to the media [include] the shift in audiences toward television news, the blurring of the lines between entertainment and information, but most especially of all, the increasing pressure to meet the dictates of corporate bottom-line rather than the standards of journalistic excellence."

This has led, McDonough said, to the neglect of complex news stories and investigative journalism by overworked and under-resourced journalists in favour of "simple, well-defined stories."

McDonough pointed to the media's silence over changes to the Canadian Pension Plan and the federal government's involvement in negotiations over the Multilateral Agreement on Investments as recent

examples of this development. She also noted the media's focus on the Constitution during the last federal election, despite polls indicating employment and health care were the primary concerns of Canadians.

While Harris agreed with McDonough's analysis of the changes in media, he downplayed the influence of corporate ownership and downsizing in this phenomenon. He said that what is needed is not more reporters, but "more independent thinking."

Harris did not hesitate to accuse journalists of laziness, and said they must be "passionate" about their stories.

"What [journalists] have to do is fight and scrap for space and the time," he said. "Perhaps [McDonough and I] agree on the fact that there isn't enough investigative journalism, but I would say the key reason comes down to the individuals involved. If you passionately believe something, you'll figure out a way of getting it in the paper."

The two also disagreed about the degree to which people should be concerned about Conrad Black's growing stake in Canada's print media and his influence over the papers he owns.

"As far as Canadian enterprises go, it's just false to say that [Black's] ownership has coloured what goes on the news pages," Harris said. "I guarantee you that Conrad Black is not the assignment editor for

the news pages."

Harris added it is the responsibility of news writers to have their own ideas for news stories and to be persistent when dealing with their assignment editors. He said journalists do not need permission from anyone to write the stories they believe to be important.

"You just do them," he said. "You do them," McDonough replied, "and you know what happens to them? They never appear or they...are changed in the process."

The two speakers were involved in a spirited question period after the debate, with CUP delegates challenging some of the assertions made, particularly those of Harris.

Lucy Falastein, the Carillon's managing editor, challenged Harris' assessment of Black's influence over the content of the newspapers he acquires.

An employee of the Regina Leader-Post when it was bought by Black, Falastein said the content of the paper changed dramatically after 89 workers were fired on the first day of Black ownership.

After the talk, Falastein said Harris probably did not understand the impact of the mass-firing at the Leader-Post, adding that his comparison of a newspaper like the Regina daily to an auto manufacturing plant was inappropriate.

"I felt that he was trying to excuse the inexcusable," Falastein said.

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Understand

What Is Cancer?

by Sarah MacDonald
features editor

There is not a single person alive has not heard of the terrifying disease known as cancer, not to mention the countless lives that have been touched by cancer in one way or another. But simply knowing that cancer is out there does not mean that we have any understanding of what cancer is and what it really means.

Cancer is actually the general term given to a group of diseases, in fact, the list of different forms of cancer is long and varied. Each different form of cancer behaves differently, has different prognoses, and requires different treatments. The

name cancer is applied to disease in which the body's cells go out of control and begin to grow and reproduce uncontrollably.

When this unlimited activity occurs, the cells can not perform their function and the body is seriously effected. When cells grow out of control and form a mass in the body it is called a tumor. The most common form of tumor found in the human body is a "benign" tumor, meaning that it is not life threatening and can be treated by being removed. Benign tumors can not spread to other parts in the body and do not usually reappear once they have been removed.

Malignant tumors are quite

another story. These are the dangerous tumors that can spread cancerous cells to other parts of the body through the blood stream. Once the cancer has spread to other parts of the body, treatment becomes more of a challenge to medical professionals. An effective treatment in one part of the body may or may not be an effective treatment in other parts of the body and a precarious situation becomes even more complex and life-threatening.

It is for this reason that health professionals stress the importance of prevention and early detection. Because each form of cancer has a series of stages through which it progresses, early detection allows

treatment to begin before the advanced stages of the cancer have developed. The earlier treatment is started, the better the chances for complete remission and a cure for the patient.

Cancer, like many things in life, can be beaten by knowing how to prevent it and what the early warning signs are. Many forms of cancer are completely preventable and dependent upon choices that we make everyday. The most effective way to beat cancer is to find out everything possible now, before it is too late, and prevent it as best you can before it strikes.

Despite the fact that some forms of cancer can be prevented, for some people there is no escaping the development of some forms of cancer. Be it through genetic inheritance or twist of fate, there are many instances when no amount of preven-

tion can stop the onset of cancer. The good news is that great strides have been made in cancer research and treatment. Being diagnosed with cancer is by no means a death sentence and it can be overcome. Again, the importance of information can not be underestimated. Fortunately there are agencies and information services available to everyone, with or without cancer, to help educate people about this disease.

In days gone by, cancer was a horrifying topic that was not discussed in civilized conversation. But so much has changed in cancer research and in the lives of cancer patients and their families and friends. Cancer is now being forced out into the light and attacked head-on. There is every reason to believe that a cure for cancer, all forms of cancer, will be found soon and no more families will be plagued by this infamous disease.

Helpful Hints for the Newly Diagnosed

by Dorothy DeVuono
pamphlet for Canadian Cancer Society

DIAGNOSIS DAY

I found out today I have cancer. My doctor said a lot, but I'm not sure I heard half of it. I need to ask more questions at my next appointment.

NOW WHAT?

1. Call the Cancer Information Service at 1-888-939-3333. Ask them to send information about the kind of cancer you have.
2. From now on, always carry a small notepad and pen with you.
3. Start a file at home to keep all your information in one place.
4. Call your local Canadian Cancer Society office and find out what kind of cancer services and support groups are available in your community.
5. Keep business cards from every medical professional you visit. If the visit is short or cards aren't available, record the mailing address, telephone number and the date and purpose of the visit in your notepad. You may be required to provide this information for government forms, insurance claims, etc. The last thing you want to do is spend time looking for postal codes (especially those from out of town).
6. Once you have information from the Cancer Information Service and the Canadian Cancer Society, call your doctor for a follow-up visit. Explain you need an extended appointment for a list of questions. The booking person will know you need more time with the doctor, and that you are organized. Go to your appointment with your questions and your notepad.
7. Your family doctor or specialist needs to know how much detail you want. If you do not understand the answers, say so.
8. You will have lots of different questions- some now, some later. Don't hesitate to ask. Some questions, like those of life expectancy, may seem too scary to explore. Take your time and ask when you are ready. Your doctor will provide as little or as much information as you request.
9. Every person's experience with cancer is different and the stories you hear may not apply to your particular situation.
10. Focus your energy on things that make you feel good. It often helps to discuss your feelings with friends, family, or professionals.
11. Friends and family may want to help but need to know how! Make up a "helping hands" list of activities or other things that would help you or your family (i.e. preparing a meal, cutting the grass, driving the kids to a scout meeting). When someone says, "How can I help?", use your list. The person offering and the person needing the help both benefit.
12. Borrow or buy an answering machine. With a new diagnosis, your life initially could be very busy. An answering machine allows you to stay in touch with callers and chose when to return calls.
13. Try and keep a positive attitude

Service Agencies

For people living with cancer, be it themselves or a loved one, there are a number of services and agencies specifically designed to help cancer patients and their families. There exists a great deal of help out there, all you have to do is find it. What follows is a brief rundown of some of the places available to turn to for help, all of which can give information and further contacts if needed.

THE CANADIAN CANCER SOCIETY (CCS)

This agency is a national organization that works solely on the donations of the public. They are not government funded nor are they affiliated with the United Way. This means that they exist only by the goodwill of people who care and whose only motives are "to eradicate cancer and to enhance the quality of life of people living with cancer. While this is a difficult challenge to meet, the CCS achieves their goals and benefits the lives of thousands of Canadians suffering from cancer every year.

The CCS focuses on research, health promotion, and patient services. Almost half of all monies raised by the CCS is used for cancer research, as distributed by the research branch of the society, **The National Cancer Institute of Canada**. As their literature explains, "Grants totaling more than \$35 million are awarded each year by the Institute to cancer researchers across Canada; more than half that amount is used in Ontario." Very important developments are being made in cancer research, thanks in no small part to the donations made to the CCS.

The CCS also provides the **Cancer Information Service** which is a toll free number (1-888-938-3333) staffed by professionals and trained

volunteers to answer questions that anyone may have about cancer. This is an excellent source of information on healthy food choices, tobacco reduction, sunsense, breast health, prostate health, as well as clearing up any questions about cancer. You do not need to be a cancer patient to call, just curious.

Cancer brings with it a host of other problems, all of which the CCS is prepared to assist with. From emotional needs, to childcare, to financial assistance, there is help in every way. One such service is the **Cancer Connection**, a cancer support service. This service puts people with cancer in touch with other cancer patients with the same type of cancer, approximately the same age group so that patients have some one to talk to who really knows what they are going through. Patients become "phone pals". While this service only assists patients right now, in the future it will also put loved ones in touch with other people who have a friend or family member afflicted with cancer. The Cancer Connect number is 1-800-263-6750.

Other patient services available through the CCS include Peer Support where trained professionals meet with patients and their fami-

lies either in a group session or in one-on-one visits, self-help groups, hospital or home visits, and clinic lodging programs while people receive treatment or stay in clinics. Another major project of the CCS is

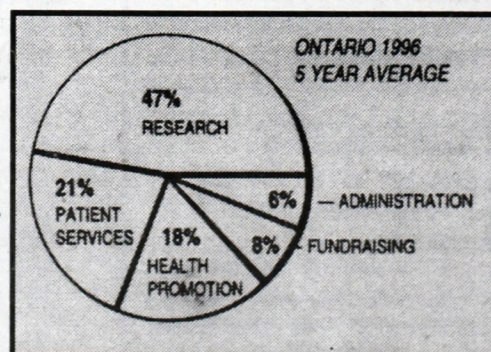
to provide patients with transportation to and from treatment or surgery. The CCS also accepts applications for financial assistance from people who do not have another source of support (i.e. insurance or government aid).

For basically any question or need, the CCS can help. Whether they can offer assistance themselves, or put you in touch with someone who can, it is well worth the effort to get in touch with this agency. Even if you do not need the services they provide, then volunteer your time for a worthwhile cause that helps so many who do need it.

INTERNET

The Internet is an excellent source of up-to-date information on cancer, treatment, research, and other service agencies that can help. You can reach the National Cancer Institute at <http://vrex.nci.nih.gov> and CancerNet, an information service, can be located at <http://cancernet.nci.nih.gov>. As well, you can search sites for virtually every kind of cancer to be found. There is no shortage of information for those who need it or want it.

Author's note- I would greatly like to thank the staff at the Canadian Cancer Society here in Sudbury (670-1234) as well as Claudette King at the Northeastern Ontario Cancer Institute library (522-6237) for all of their help in collecting information. Their hard work was greatly appreciated.



ing Cancer



Lifestyle Checklist

INSTRUCTIONS : RATE YOURSELF IN EACH AREA ACCORDING TO YOUR BEHAVIOR AND SITUATION FOR THE PAST MONTH

FAMILY FRIENDS	I have someone to talk to about things that are important to me	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	I give and I receive affection	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	=	
	ACTIVITY	I am physically active (gardening, climbing stairs, walking, housework)	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	I actively exercise for at least 20 mins. eg running, cycling, fast walk	4 TIMES OR MORE PER WEEK 2 1 TO 3 TIMES PER WEEK 1 LESS THAN ONCE PER WEEK 0	=
		NUTRITION	I eat a balanced diet (see over)	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	I often eat excess sugar or salt or animal fats or junk foods	NONE OF THESE 2 SOME OF THESE 1 ALL OF THESE 0
TOBACCO	I smoke tobacco		NOT IN PAST 5 YEARS 2 NOT IN LAST YEAR 1 HAVE SMOKED IN PAST YEAR 0	I usually smoke cigarettes per day	NONE 2 0-10 1 MORE THAN 10 0	=
	I use drugs such as marijuana, cocaine...	NEVER 2 OCCASIONALLY 1 FAIRLY OFTEN 0	I overuse prescribed or over the counter drugs	NEVER 2 OCCASIONALLY 1 FAIRLY OFTEN 0		
ALCOHOL	My average number of drinks per week is (see over)	0-7 DRINKS 2 8-13 DRINKS 1 MORE THAN 14 DRINKS 0	I drink more than 4 drinks on an occasion	NEVER 2 OCCASIONALLY 1 FAIRLY OFTEN 0	=	
		I drive after drinking	NEVER 2 ONLY RARELY 1 FAIRLY OFTEN 0			
SLEEP EAT BELTS TRESS	I sleep well and feel rested	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	I use seatbelts	ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	=	
	I am able to cope with the stress in my life	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	I relax and enjoy leisure time	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0		
TYPE OF PERSONALITY	I seem to be in a hurry	HARDLY EVER 2 SOME OF THE TIME 1 FAIRLY OFTEN 0	I feel angry or hostile	HARDLY EVER 2 SOME OF THE TIME 1 FAIRLY OFTEN 0	=	
	I am a positive or optimistic thinker	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	I feel tense or uptight	HARDLY EVER 2 SOME OF THE TIME 1 FAIRLY OFTEN 0		
INSIGHT	I feel sad or depressed	HARDLY EVER 2 SOME OF THE TIME 1 FAIRLY OFTEN 0	HARDLY EVER 2 SOME OF THE TIME 1 FAIRLY OFTEN 0	=		
CAREER	I am satisfied with my job or role	ALMOST ALWAYS 2 SOME OF THE TIME 1 HARDLY EVER 0	=			

GRAND TOTAL %

ADD THE BOX SCORES AND MULTIPLY BY 2 FOR YOUR GRAND TOTAL

Scoring

If You Score:

85-100% - Congratulations- You are in control
70-84% - Good work- You are on the right track
60-69% - Fair
40-59% - Somewhat low- You could take more control
0-39% - You are in the danger zone (but honesty is your real strength)

Note: The final score does not mean that you failed. There is always the chance to change your lifestyle- starting now. Look at the areas where you scored 0 or 1 and work on them. Good Luck!

Making Changes

Family & Friends- Open up. Share your feelings with others. Hug someone you care about everyday.

Activity- Get up and move around at least 3 times a week for 20-30 minutes

Nutrition- Eat vegetables, fruits, grain products, meat and alternatives and milk products. Maintain a healthy body weight.

Tobacco- Stop smoking. Better Yet, never start. Stay away from drugs and think twice before using over-the-counter drugs. Limit coffee, tea, or pop to 3 a day.

Alcohol- No more than 1 serving per day of beer, wine, or spirits

Sleep, Seatbelts, Stress- Strive to sleep 7-9 hours every night. Buckle up! Reduce stress. Deep breathing, exercising, and relaxation techniques all help.

Type of personality- Slow down. Learn to relax. Try to flow with the stream. If that's not possible, hit a pillow or take a long walk. **Insight-** Take control, think positive! Kick depression by keeping active. Get involved or explore new pastimes.

Career- Pace yourself at work/school. Delegate tasks if possible. Concentrate on situations you can control. Don't dwell on those you can't.

A Balanced Diet

1. Eat a variety of foods: Vegetables and Fruit- 5-10 servings per day, Grain Products- 5-12 servings per day, Meat and Alternatives- 2-3 servings per day, Milk Products (adults)- 2-4 servings per day
2. Choosing lower fat foods more often.
3. Maintaining a healthy body weight

This quiz and information comes from a pamphlet developed by Dr. Douglas Wilson at McMaster University and is distributed by the Canadian Cancer Society.

Breast Cancer

by Derek Serafini

asst. features editor

Breast cancer is the most common form of cancer in Canada. The rates of its occurrence are second only to those in the United States. In Canada and the U.S. combined, over 200,000 women will be diagnosed with the disease this year. Of the 200,000 women, over one-quarter of them will die.

Age is the single most important factor in determining the risk of getting the ailment as two-thirds of all cases occur in women who are over 50 years of age. However, the malignancy is also prevalent in younger women. Fifteen percent of all cases occur in women under 40 with six percent of cases showing up in women who are under 30. Studies have shown that the younger the person is who has the cancer, the more severe it is.

Breast cancer is not exclusive to women. Men, too, are not safe from this malady. The occurrence, however, is much less than it is in women. Only around 2000 cases will be reported this year in Canada and the U.S. Men are not as susceptible to the malignancy as women are.

Every woman is at risk of getting breast cancer. It is this reason that every mature woman should do fairly regular breast examinations. According to the American Cancer Society, over 75% of all breast growths are discovered through self-examinations. The earlier that the cancer is detected, the more effective the treatment will be.

Like all cancers, breast cancer spreads quickly once contracted. As such, doctors classify the disease into four different stages. Stages I and II represent operable or curable groups of cases, Stage III indicate the locally advance disease where surgery was not a viable option and Stage IV describes patients with distant metastases. For any hope of recovery, it is essential that the cancer be caught while in the first or second stage.

Studies that try to find the cause of breast cancer are still in their infancy, but they have yielded some useful information on the subject. It has been proven that 10% of breast cancers are inherited through the so-called breast cancer genes BRCA1 and BRCA2. Therefore, those women who have a history of cancer in their family are at a higher risk.

There has also been a link made between diet and breast cancer. Research has shown that excessive fat or caloric intake increases one's risk of getting the disease. In addition, excessive alcohol consumption has been shown to have an adverse effect on one's chances of preventing breast cancer. Studies also show that women who have taken the pill are at a greater risk of getting breast cancer. Currently, studies are underway to link smoking to the cause of this cancer.

There is currently no cure for breast cancer and no one is immune to it. One woman dies every 10 minutes because of it. Hopefully, with increased funding and research, that statistic will change.

Diagnosis and Treatment

by Derek Serafini

asst. features editor

In this computer age, there are several devices available for the diagnosis and treatment of breast cancer. The first and best test, however, involves no computers at all.

The first test that must be done is a self-exam of the breasts for lumps and growths. If lumps are detected early, often treatment will be successful.

However, the smallest detectable lump is about 2-3 mm and could contain approximately one billion cancer cells. It is this reason that medical devices should be used. For early diagnosis, the following devices are used:

Mammography: essentially an x-ray of the breast that brings to light those growths that are not detectable through self-exams.

Thermography: a device that measures the heat pattern of the breast. When the pattern changes, it is often a signal of cancer.

Ultrasound: helps to determine whether a detected growth is a tumor or just a cyst.

Stereotactic Needle Biopsy: a non-surgical biopsy which is an extremely accurate way to biopsy an early breast abnormality. This equipment can focus by computer on a mass that is only seen on a mammogram but not felt by the hand.

If one, or a combination, of these devices have positively confirmed cancer, there are medical and surgical options available:

Chemotherapy: used in conjunction to surgery when prescribed.

Mastectomy: removal of the entire breast. Only done in severe cases as removal of the breast presents the possibility of enormous psychological trauma.

Lumpectomy: removal of only the cancerous lump. This procedure can only be done when the cancer is detected early.

These options are, by no means, 100% successful. As there is no known cause or cure of the disease, there is no cure. These options, however, are the best that we have.

Breast Self-Exams

The Canadian ministry of health recommends that all women over the age of 20 examine their breasts once a month. By examining your breasts regularly, you will know how your breasts normally feel. If a change should happen in your breasts, you will be able to identify it and let your doctor know. Most lumps are found by women themselves. If you find any lumps, thickenings, or changes, tell your doctor right away. Remember, most breast lumps are not cancerous, but you will not know if you don't ask. Breast cancer may be successfully treated if you find it and treat it early. Delaying the diagnosis of breast cancer does not change the diagnosis, it

only worsens the outcome.

You should do a breast self-exam every month 2 or 3 days after your period. If you do not have a regular period, you should do it on the same day each month.

How to Do a Breast Self-Exam

1. Lie down. Flatten your right breast by placing a pillow under your right shoulder. Place your right arm behind your head.

2. Use the fingertips of the three middle fingers on your left hand and feel for lumps. Use dime-sized circular motions. Powders, oils, or lotions can be used to make the hand glide easier.

3. Press firmly enough to feel differ-

ent breast tissues. Use three different pressures. First, light pressure to just move the skin without jostling the tissue beneath, then medium pressure pressing midway into the tissue and, finally, deep pressure to probe more deeply down to the ribs or to the point just short of discomfort.

4. Completely feel all over the breast and chest and up under your armpit, and then up to the collarbone and all the way over to your shoulder to cover breast tissue that extends towards the shoulder.

5. After examining the right breast, examine the left using the same procedure.

The Third Top Cancer Killer In Men

Although Colon Cancer affects both men and women at equal rates, it is the third highest cancer causing deaths in men, after lung and prostate cancer. One of the reasons why this cancer is affecting so many men is because there are no symptoms before the cancers cells are well established. The age group which is usually effected by this cancer is men and women over the age of 40. The primary risk appears to be genetic. The rate of risk triples if a parent has also had colon cancer.

Colon cancer can be easily prevented if there is early detection. Polyps, small bumps with big heads

and skinny necks, usually one millimetre to four centimetres in size, are located in the colon. They are not cancerous when they first appear. And they can take up to about five years for a malignant change to occur. If they are detected in the colon the heads can be removed and this literally nips cancer in the bud.

Not detectable by symptoms these polyps are detected by a doctors examination. Men over fifty are recommend to get a check up every three to five years. However if the polyps have already turned cancer-

ous there are more recognizable symptoms such as blood in the stool.

Diet can make a difference for men who are in a high risk factor. Recommendations for these men include cutting fat from your diet. Increasing your fiber intake and eating lots of fruit and vegetables. It is also recommend that people become more active. Although the connection between exercise and lower cases of colon cancer is not clear, it is suggested that it is more likely the lifestyle active people have. Where people who are more active are also more likely to have a low-fat diet.

Prostate Cancer - All men are at risk

Prostate cancer is the second leading cancer deaths in men, following after lung cancer.

This cancer effects all men and the most profound risk is age. While the average age at diagnosis is 65, for families where a man has been diagnosed under the age of 60 the risk for family members increases.

The prostate is a male sex gland that is about the size of a walnut, and is located below the bladder and in front of the rectum. Early prostate cancer is when the cancer cells are confined to the gland. Prostate cancer can spread from the gland to other parts of the body because body fluids - blood and lymph.

Prostate cancer often does not have symptoms for many years and once they do appear the cancer cells may have already spread past the gland. These symptoms can include frequent urination, inability to urinate, trouble starting or holding back urination, a weak or interrupted urine

flow and frequent pain or stiffness in the lower back, hips, or upper thighs. However other prostate conditions can cause these symptoms and a doctors examination may be able to tell for sure.

Once prostate cancer has been diagnosed there are four commonly used treatments for this cancer. The first is surgery. The doctor may decided to remove the gland and some of the tissue around it, this is only done if the cancer has not spread past the gland. If the cancer cells are found elsewhere in the body then most doctors will choice another course of action. Impotence and leakage of urine may occur in men after treated with surgery.

By choosing radiation therapy the doctor will be using high-does x-rays or other high-energy rays in order to kill cancer cells or shrink the tumors. The rays kill the cancer cells by freezing them. Impotence may occur in these men as well.

Hormone therapy is when hormones are used to stop cancer cells from growing. Several options include the men taking female hormones (estrogen), where the growth of breast tissue is a side effect. Another choice is to remove the testicle and therefore stop the testicles from making testosterone. The side effects of this surgery and other hormone therapies include hot flashes, impaired sexual functions and loss of desire for sex.

Biological therapy tries to get the mens bodies to fight the cancer. It uses your body materials, sometimes those made in a lab, to boost, direct, or restore your bodies natural defences against disease.

While this cancer effects manly older men if there is a male member of the family who has or has had prostate cancer the other male family members should consult their doctors for more information and a possible exam.

Healthy Eating To Reduce The Risk

The Canadian Cancer Society stresses healthy eating as one of the most effective ways of reducing the risk of cancer. Some medical professionals believe that diet can be linked to at least thirty-five percent of all cancers. Some cancers related to diet and alcohol include cancers of the breast, colon, mouth, stomach, pancreas, and prostate. What you eat now can quite possibly determine whether or not you are at risk for cancer in the future.

Some of the most hazardous dietary risks to be aware of and avoid are too much dietary fat, too many calories leading to obesity, too much alcohol, not enough fruits, vegetables,

and whole grains. Obviously, then, to reduce your risk of developing cancer from poor eating habits you should; have a lower fat diet, eat a diet rich in whole grain foods, fruits, and vegetables, maintain a healthy body weight, avoid cooking methods that char or deep brown foods, limit the consumption of salt-preserved, nitrite-preserved, and real smoked foods.

Many people do not really understand how much of which foods they should be eating (or should not be eating for that matter), however, the good news is that most products now have nutrition information right

on their labels. In addition to label information, Canada's Guidelines for Healthy Eating is an excellent guide to proper nutrition and eating habits.

The Guidelines stress eating a variety of foods, emphasize cereals, breads, other grain products, vegetables and fruits, choose lower fat dairy products, leaner meats, and foods prepared with little or no fat, achieve and maintain a healthy body weight, regular physical activity, limit salt, alcohol, and caffeine intake. The Canadian Cancer Society, as well as many clinics and Doctor's offices, has copies of the Guidelines available for the public.

BASAL CELL & SQUAMOUS CELL CANCER

These are the most common forms of skin cancer, known as nonmelanoma skin cancer. Skin cancer is more common in people with light coloured skin who have spent a lot of time in the sunlight. While skin cancer can appear in many different forms, it is usually detected on the surface of the skin in the form of growth or a sore that will not heal. There may also be a small, smooth, shiny and waxy looking lump (which may also appear red or reddish brown).

Most nonmelanoma skin cancers can be cured. Your chance of recovery (prognosis) and choice of treatment depend on the type of skin cancer you have and how far it has spread.

STAGE EXPLANATION

Basal Cell Cancer: the most common form of nonmelanoma skin cancer, can occur on all areas of the skin that have been in the sun, often appears as a small raised bump that has a smooth pearly appearance. Another type looks like a scar, and it is firm to the touch. While this type of skin cancer can spread to other parts of the body, it usually does not.

Squamous Cell Carcinoma: This type of cancer can also occur on areas of skin that have been exposed to the sun, often on the top of the nose, forehead, lower lip, and hands. They may also appear on areas of skin that have been burned, exposed to chemicals, or had X-ray therapy. Often this cancer appears as a firm red bump, or

Skin Cancer

the tumor may feel scaly, bleed, or develop a crust. This type of cancer may spread to the lymph nodes and to other parts of the body.

TREATMENT

Many skin cancers are treated by dermatologists, and often in their offices. The cancer is usually removed by any number of techniques including: cryosurgery, laser therapy, radiation, chemotherapy, and photodynamic therapy (uses a certain type of light and a special chemical to kill cancer cells).

MELANOMA

This disease is a form of skin cancer in which malignant cells are found in the melanocytes (the skin cells that determine the colour of skin), which are found in the epidermis layer of the skin. Melanoma is not the most common form of skin cancer, however it is a more serious form of skin cancer. While this disease is usually found in adults, it can occur in children as well.

Melanoma can metastasize and quickly spread to other parts of the body via the lymph system or through the blood which is why, like many other forms of cancer, early detection is vital. Some of the early warning signs include: change in size, shape, or colour of a mole, oozing or bleeding from a mole, or a mole that feels itchy, hard, lumpy, swollen, or tender to the touch, as well as the appearance of a new mole.

STAGES OF MELANOMA

Stage 0) Abnormal cells are found only in the outer layer of skin cells and do not invade deeper tissues.

Stage I) Cancer found in the outer layer of the skin (epidermis) and/or the upper part of the inner layer of skin (dermis), but has not spread to nearby lymph nodes. The tumor is less than 1.5 mm thick.

Stage II) The tumor is 1.5mm to 4mm thick. It has spread to the lower part of the inner layer of skin (dermis), but not into the tissue below the skin or into the nearby lymph nodes.

Stage III) Any of the following mean that the tumor is in stage III:

- tumor is more than 4mm thick
- tumor has spread to body tissue below the skin

- there are additional growths within 1 inch of the original tumor (satellite tumors)

- the tumor has spread to nearby lymph nodes or there are additional tumor growths between the original tumor and the lymph nodes in the area.

Stage IV) The tumor has spread to other organs or to lymph nodes far away from the original tumor.

Recurrent- means that the cancer has come back after it has been treated. It may come back in the original site or in another part of the body.

TREATMENT

The four kinds of treatment commonly used for melanoma include; surgery (taking out the cancer in an operation), chemotherapy (using drugs to kill the cancer), radiation therapy (using high-dose X-rays or other high energy rays to kill cancer cells), and biological therapy (using your body's immune system to fight cancer)

Lung Cancer

Lung cancer is one of the most prevalent forms of cancer among both men and women, although it has the dubious distinction of being the league leader in cancer deaths for men. Often the first sign is a chronic cough, which may cause blood to appear in the sputum (material expelled from the respiratory passages by clearing the throat or coughing). Increasing amounts of mucus may develop. Fever, and occasionally chest pains, may also be experienced. Success in treating lung cancer depends on the type of tumor and the stage at which it is first detected. However, lung cancer is not easily treated. Prevention should be the goal.

WHAT YOU CAN DO

In nine out of ten cases of lung cancer, cigarette smoking is the cause. If you smoke, QUIT! It's never too late to quit. The risk of lung cancer relates to the duration of smoking. The sooner a smoker stops smoking, the sooner the risk will cease to increase. Incidentally, the cigarette smoker who has the habit of inhaling is unlikely to decrease his/her risk by switching to cigars or a pipe; the habit of inhaling is too strong.

Lung cancer has also been associated with other factors in the workplace. Employees exposed to asbestos, chrome salts, nickel refining, coal tar products, and radioactive uranium have been found to have an above average risk of developing the disease, and especially if they are smokers. People should also be aware of their family's medical history to find out if they are genetically predisposed to cancer and should therefore be extra cautious in cancer prevention.

The prognosis for people diagnosed with lung cancer is not always optimistic. Lung cancer can metastasize very quickly and is difficult to eradicate. Oftentimes, patients are unwilling to acknowledge that they are experiencing symptoms and wait until it the cancer is in later stages and is therefore more difficult to treat. Another important factor is the fact that it is difficult to persuade patients to discontinue their dangerous behaviour, namely smoking. However, there is no reason for anyone to have a more than minimal risk of developing lung cancer. With the appropriate lifestyle choices, i.e. not smoking or exposing yourself to second hand smoke, the risk of lung cancer is greatly reduced.

Reality Check

by J. Rowe

contributor

We never believe that it can really happen to us. No matter what we hear or read in the news seems to apply directly to our everyday lives. Cancer and other tragedies only happen to other people. Until it touches your life. Every year, millions of people's lives are unforgettably changed by a cancer diagnosis. Whether it happens to you personally or to someone you love, cancer changes everything.

The first reaction is usually a sick feeling in the pit of your stomach and an overwhelming feeling of panic and fear. What happens now? Cancer is an ugly disease that makes those afflicted with it extremely ill and can be fatal. Since all of this is true, why is it that so many people do not follow medical advice and breakthroughs more closely? Despite the fact that it is a scary thing to consider, we can not wait until it is too late to start informing ourselves about this disease.

Medical professionals warn people constantly about eating right, staying healthy and avoiding cancer causing agents yet the tobacco industry continues to earn huge profits and millions of people still bake themselves in the sun every summer, trying to get the "perfect tan". We are often our bodies worst enemy for the simple fact that it is easy not to think about what is going on inside our bodies when we can not see what is happening. But just because you can not see or

feel anything wrong does not mean that nothing bad is happening.

The harmful effects of smoking, exposure to the sun or other cancer causing agents, poor diet, emotional and physical stress, and other health problems tend to be cumulative. This means that it can be building up inside you while you do not even notice. By the time you discover the damage, it might be too late to repair. It is true that many forms of cancer are treatable, especially if detected early enough, why take the risk? All it takes is the acknowledgment that yes, it can happen to you, so you might as well protect yourself by making smart choices now instead of trying to battle cancer later on.

Preventative action not only means watching what you put into your body, there are also environmental factors to consider. Pollutants destroy not only the atmosphere, they also have the potential to cause cancer in humans. By informing yourself about environmental dangers, like asbestos, you can minimize your risk of exposure, thereby minimizing your risk of developing cancer.

Of course not all types of cancer are preventable. However, if you recognize the warning signs and are always aware of what your own body is trying to tell you, there is no reason why any abnormalities can not be found out early enough to greatly improve the effectiveness of treatment. There is no rea-

son why a cancer diagnosis has to mean a death sentence. Once you take your health into your own hands, are informed and aware, you have already greatly reduced your chances of developing cancer and/or becoming another fatality.

All it takes to reduce your risk of developing cancer is making a few smart choices everyday. Avoid things that are known to be linked to cancer, including smoking, second-hand smoke, some artificial sweeteners, excessive exposure to the sun, physical inactivity, poor eating habits, and long periods of time where you do not visit the doctor and dentist. While no one likes to face the reality that such things really can happen to us, it is better to educate yourself and make the necessary changes than it is to be forced to face it from a hospital bed.



The Young Man's Cancer

Before any of you start to get nervous remember that Testicular Cancer only makes up approximately 1% of all male cancers that are diagnosed each year in the United States. That said, you should know that this type of cancer is considered a young man's disease because the general age group affected is men between the ages of 20 and 35. Tumours are rare after the age of 40. Affecting only men (for obvious reason's) this cancer has a cure rate of 85 to 90 percent. In the 60's the young professional athlete, Brian Piccolo, a running back for the Chicago Bears died of the disease at the age of 26. His story inspired the book and movie Brian's Song. Today there are many factors to why there is an increase in recovery from Testicular Cancer. Cancer research, increase in public awareness and early detection all contribute to the high cure rate. If you notice an irregularity in size of your testicles or experience any pain you should see your doctor. This is not to say that these signs mean cancer, just that the doctor will be able to relieve your anxiety and help fix any problems.

Surgery is the usually what patients start with. Removal of the tumour is usually all that is required for a full recovery. Although not an appealing option, it is highly effective, is not complicated and has few side effects. There seems to be little you can do to prevent Testicle Cancer. Diet which helps prevent other types of cancer seems to have little influence with Testicle Cancer, however exercise helps. A study conducted in England concluded that men who exercised 15 hours a week or more had a substantially lower risk of testicular cancer compared with men who didn't exercise at all, however, only a few studies have established this link.

The best thing to do if you do develop Testicular Cancer is keep your sense of humour. When former Philadelphia Phillies player John Kruk returned to the team after completing treatment for Testicle Cancer (including the removal of one testicle) he wore a T-shirt that he had made that read, "If you don't let me play, I'm taking my ball and going home."

Dear Dharma

Dear Dharma: My girlfriend dumped me on boxing day. I was upset but then I heard that she only held out that long so that she could get a Christmas gift from me. This destroyed me! I got her a gold necklace and she got me a CD. What can I do? I want to get the necklace back but I don't know how. How could she have done this to me? I don't understand why she would do this.

Screwed

Dear Screwed: You sound like you still care for this girl and are hurt by what she did. You should be, but get over caring for her. She screwed you royally! In my opinion you can not ask for a gift back. You gave it to her and now it is hers. But if she somehow loses it and you end up finding it, then you could probably return it. People who hold out for gifts are very self centered and don't deserve the love of another. Things always go missing in rez and a necklace could easily vanish! Practice your magic and I bet you can do it. If not, hire a magician from down the hall or on her floor. Revenge is a nasty business that I don't condone, but you should do what you feel is best.

Dear Dharma: There is this guy down in the Pub every time I go down there and he won't leave me alone. I try to be nice, but I just wish he would go away. I am not the type of person to tell someone off but he is starting to get really annoying. He knows I have a boyfriend but insists that I see him. How do I get rid of him?

Followed

Dear Followed: The best thing to do is to let this guy know that you are not interested. If he persists, you can probably go to the harassment office and find out how to make him stop that way. They are really good up there with helping people with problems with other students. Another good thing to do is when he is sitting at a table drinking with his friends, go over to the table, look deep into his eyes, lean over the table slowly and knock his drink into his lap. You don't have to outright tell him off. Make him not want to be around you. Have fun with it. If he thinks stalking you is fun, make his life a living hell. Tell the bouncers he is harassing you, constantly spill drinks on him, laugh right in his face whenever he says anything. He sounds like a loser so treat him like one. Remember, we are the women and we have all the power. Men are our slaves, don't be a slave to his behavior.

Dear Dharma: I am lonely! I have been looking for my soulmate to settle down with for a while now, but just can't find that perfect person. I have dated a lot but am sick of that scene. I want to find someone perfect for me but everytime I go to the bars or meet someone new in rez they aren't looking for the same thing as I am. Where can I find my soulmate?

Desperate

Dear Desperate: What the hell are you going to the bars and rez to find your perfect mate. You can't find someone in those places. They are like meat markets and no one is looking to get married at Ralph's. Why do you want a soulmate so bad? You sound like you are a very dependent person who needs to have someone else around. Why? Is your life not complete without that significant other? Sure they are great to have, but don't spend your whole life searching for someone who may not be there. And don't go to the bars to find them. You will find your perfect match in the most unlikely place. I was in line at a bank machine waiting for an old lady to figure out how to use her card when a guy ran into the back of me. He was reading his bank book and was not paying attention. He apologized and that was that. Later that night I went into a donut shop and there was the same guy. He bought me a coffee and the rest is history. Now don't go hanging around bank machines but just keep your eyes peeled, your perfect match is out there somewhere and you never know where you will run into them!

Dear Dharma: What happened to you to make you so opinionated? I have never heard a girl who thinks she knows so much when she really knows nothing. Your opinions are stupid and you cut down us men every chance you get. I am amazed that you have a boyfriend that can stand being around you. Do you have any purpose in this school like working at the Women's Centre or something or are you just a bitch?

He-Man

Dear He-Man: Yes, I am a bitch. I'll admit it! But I also know a lot more than you think. I do not work for the Women's Centre and am not affiliated with them in any way. I write my opinions to questions people ask me. I don't always cut down guys, but when you do something stupid (which guys are good at) I speak up. My advice to you is to look at yourself instead of cutting me down. There must be something wrong with you to be so intimidated by me. Maybe a SHORT-coming of some kind?

Off The Top Rope Too Many Champs Spoil the Broth

by Mat Thompson

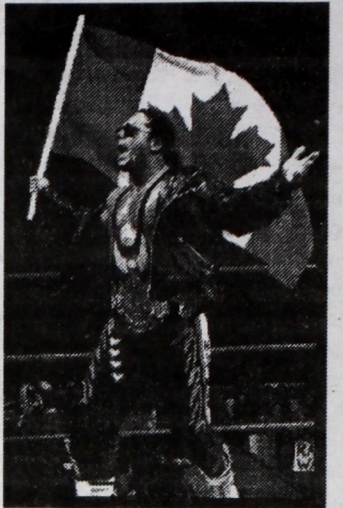
Entertainment Editor

I was becoming a little weary of how many championships there were when the WWF came out with the European Title, but what the hell is happening? Every wrestler and his mother has some championship or another. I'm amazed that Jerry Lawler has not brought his USWA Championship to the WWF yet! The WWF has six major titles (Heavyweight, IC, European, Light-heavyweight, Tag-team, and NWA) but no one is ever defending the damn things. I knew they would strip Shawn of the European title, but now HHH is injured and can't defend it either. And is his injury real? Supposedly he injured his knee in Hamilton in December 28, but I was there, 30 feet from the ring and to the best of my knowledge, he was not injured. Austin and Dude Love beat him and HBK fair and square and they walked from the ring without injury.

The WCW also has a problem with an abundance of championships. They have basically the same titles, just named different (Heavyweight, US, TV, Cruiser, Tag-team, plus a bunch of fake belts floating around the nWo). Why so many belts? I understand the lightweight belts and am glad they are included. Tag team titles are great, and so are the Heavyweight, but where do all the other titles come from? Why a European or US or even TV title? All these belts symbolize is that the wrestler who holds them is not a good enough wrestler to beat the best of the best. They are like consolation prizes or a nice pat on the head. HHH will never be champ, and neither will Disco Inferno or Booker T. It's a sad fact, but they are not of the same caliber of men like Hogan, Flair, Sting, Hart, or Michaels.

My main question is why did Jim Cornette, after giving a speech about the fans wanting to see real wrestling again, arrive with another title for the WWF? Jeff Jarrett is an amazing athlete but has not proven anything to the fans of the WWF and now he is the supposed NWA champion. This is pathetic! The NWA stood for wrestling and tradition, not this. I used to love the NWA with the Four Horsemen, Fabulous Freebirds, Midnight Express, Dusty Rhodes (Old-dust) and the Funk Brothers. These were real men and their title stood for something! You had to beat the man to be the man. Jarrett had to beat Barry Windham. The last major title Windham ever held was the tag titles with Mike (IRS) Rotundo back in 1984. Jarrett beat nobody and his title is worthless.

There are too many belts in my opinion and there should be some kind of tournament to decide who is the icon, or the best there is, was and ever will be. Belts don't mean shit anymore. Put Degeneration X, Hart, Taka, The New-Age Outlaws, The Steiners, Sting, Booker T, Jarrett, Ultimo Dragon, and DDP in one big tournament with other greats like Luger, Hogan, Flair, Vader, Undertaker, and Buff Bagwell. Let them beat the hell out of each other until one man remains. I bet most of these so called champions will fall to the way side and the best will emerge. You may hold one of the fifty belts now, but the best will rise up and the day of the champion will be over. Championships are the sign of good contracts and deals. Maybe some day true wrestlers like Bagwell, Benoit, and Michael Foley will hold the championships that define their careers as true hard working wrestlers. But now all we have to look forward to is men holding belts because of their name, not their ability.



Your Lambda Horoscope

Aries (March 21-April 19):

You have not been feeling yourself over the past few months. This is good because if someone catches you doing that, they won't understand. You have boundless amounts of energy that will help you to get a head in the new year. Just remember that crack and caffeine may give you the runs!

Taurus (April 20-May 20):

Opportunity is knocking at your door, just make sure it's not an Amway distributor! You have been off balance for the last year, but now that you've been banned from every bar in town, walking a straight line isn't so hard. January and February will prove to be very consecutive and easy to follow.

Gemini (May 21-June 20):

The twins are not lovers of snow and ice, so call a partner and head for warmth. If you can't make it to a warmer climate, a little rum, the partner of your choice and a tanning bed can have some of the same effects. Just make sure your sunblock

protects the right areas!

Cancer (June 21-July 22):

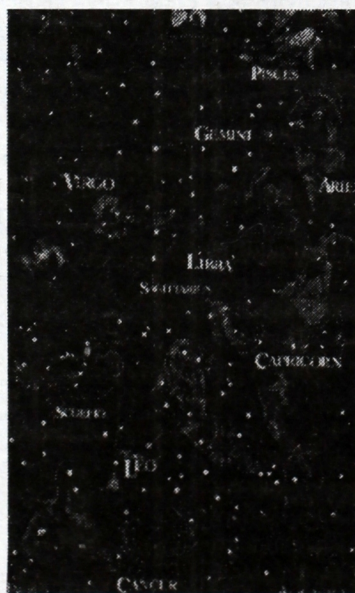
You haven't been happy with past relationships and it's time to clean house. You may even find that body that went missing in your room last October! Once summer hits the stars will shine bright on you, just make sure you switch positions once and a while so you can both see the stars.

Leo (July 23-Aug. 22):

Your moods are going to bounce up and down faster than a professional prostitute! Brace your friends and family for this and those of you born between July 30-Aug. 3 should prepare yourselves for at least one attempt on your life by someone close to you. Don't rule anyone out. Remember the way that dog was looking at you?

Virgo (Aug 23-Sept 22):

You have been blessed with good fortune and everyone has noticed.



Beware of people who want to take advantage of you. Stand by your plans and don't let anyone change you. By the time the ice melts, you will enjoy things, maybe even multiple enjoyments!

Libra (Sept 23-Oct 22):

The scales are split and you don't know where to turn. Do what you want to do, not what people expect you to do. Decisions are abound and as the Libra, you know exactly how to deal with them....paper, scissors, rock!

Scorpio (Oct 23-Nov 21):

Scorpions never stop trying to be on top. But is that where you want to be? Sometimes it's fun to be on the bottom and let the other person do all the work. Nevertheless, 1998 will prove to be another stepping stone, just remember all those you had to step on to get where you are. They won't forget either!

Sagittarius (Nov 22-Dec 21):

It's your favourite time of the year, and you are definitely in the mood to party! Just remember that what you wake up with this year may not go away. Your life is settling around you and if you don't pay attention, decisions will be made for you.

Capricorn (Dec 22-Jan 19):

Mars is in your sign which gives you the power of caramel and chocolate. The new year will be a culmination of everything you have worked for in 1997, so if you wasted your entire year you have nothing to look forward to except the reruns of Law & Order on A&E.

Aquarius (Jan 20-Feb 18):

You ruled 1997 so reap the rewards! Creativity will flow like wine for the next few months, and the wine may even help your creativity. Remember, red goes with enthusiasm and white with fish.

Pisces (Feb 19- March 20)

As the fish sign you can either swim with the tide or fight to get up stream. It's your choice but the harder you fight, the more satisfying the end result will be. Swimming with the tide will get you in with the rest, but upstream is only for the strong, and the horny! Spawning season is coming, make sure you are too!

Run Away Screaming!

by Mat Thompson
Entertainment Editor

Everyone came up to me saying "You are going to love this movie!" I am one of the biggest fans of horror movies and was very interested in seeing **Scream 2**. The first movie was well written and made fun of the horror genre very well but it didn't scare me. I **Know What You Did Last Summer** was the last movie in years that actually made me jump and almost scream. So I went expecting **Scream 2** to have more elaborate murders, scarier scenes and a more intense plot. Instead I saw a tired piece of crap that was thrown together with a storyline full of holes and a completely un-scary plot.

Scream 2 makes fun of, and cuts down sequels all through the



movie, then comes across as one of the worst sequels since **Nightmare on Elm Street 2**. How does the creator make up for this? Well, **Scream 1-3** were written as an intended trilogy and not as sequels, so number 2 and the upcoming 3 do not have to follow the rules of a sequel. To bad they did not follow the rules of a good horror movie either.

First thing first, none of the characters were developed past their names and their murder. How can you feel scared for a character that you don't even know? **Sarah Michelle Gellar** had a perfect character to build on before her death, but they bumped her off in one of the worst death scenes of the movie. At least in **I Know...** her murder was in the shadows, but brutal all the same. In **Scream 2** she just fell and no one cared.

Second, the killer(s) didn't even seem scary. They just popped up, killed, and left not even doing it in a scary way. The murders were boring and no one was killed in true horror movie fashion. Nothing was inventive and nothing was brutal. Even the cop car scene had no intensity to it and the death of **Neve Campbell's** friend did not fit. Yet another hole in the plot.

Last but not least, how could they kill Randy? He was the only interesting character in both movies? Through both movies I was waiting for **Neve, Courtney and David Arquette** to buy the farm. Their characters suck and you want them to die. Randy was different. He made the movies interesting and fun, but when they killed him I almost left.

I won't give away who the killer(s) are, but I figured out exactly who it was the first time I saw them. I wasn't hard. Of course I never would have come up with the reasons why, but that was even worse. The story was awful! Anyone who thought this movie was a superior horror movie needs to be tied down in front of a TV and forced to watch classics like **Friday the 13th, Nightmare on Elm St.** and **Halloween**. **Scream 2** is not a good movie! It is just a piece of crap sequel that should have never been made!

Tomorrow Never Dies

by Mat Thompson
Entertainment Editor

Bond has returned! I have been waiting for this for a while, and maybe I was too excited, but I don't think this was that good of a Bond movie. It was a good movie, but not a good Bond movie. That may sound weird, but to a Bond fan, it is perfectly normal. A Bond movie is not just judged against other movies, but against its predecessors as well. As an action movie, **Tomorrow Never Dies** is great, as a Bond movie, it is down there with some of the **Roger Moore** installments.

It was great to see that Bond was once again saving the world from a psycho bent on ruling the entire population of earth. The story though seemed to be put together by a five year old. It was as if the producers decided that Bond fans can not think anymore so they made the story as simple as Dick and Jane.

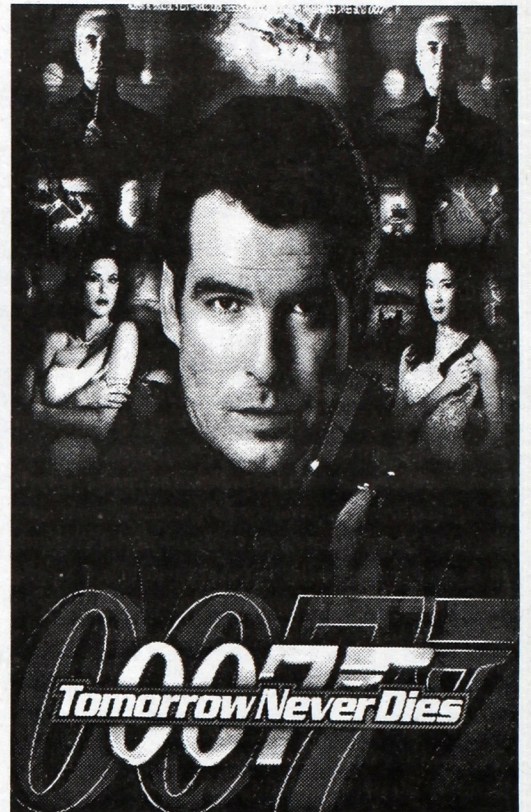
Bond was back in his true sexist fashion, swilling martinis, seducing women and acting cool the whole time. There was one problem though, Bond, for the first time ever, killed in cold blood. Bond executed a man in a fashion that made true Bond fans blush. Bond is licensed to kill, but he does not kill for the sport of killing and that is what he does in **Tomorrow**. This is not Bond.

Another problem was the female sidekick, **Michelle Yeoh**. This was not a Jackie Chan movie, but in a few scenes it got to be that way. I know this may sound sexist, but it is not meant to be. Bond saves the women, not the women save Bond. He has never had to depend on a

female sidekick before, so why now? Many of my female friends agreed that they made Bond vulnerable to Michelle. She was almost as important as Robin is to Batman, but Bond is not a wimp like Batman and does not need a sidekick.

Enough bitching though. **Tomorrow Never Dies** does sport some great action sequences and like always, the Bond music at the beginning is like a drug to Bond addicts like me. **Sherryl Crow** performs the title song in true Bond movie fashion only outdone by greats like **Goldfinger** and **Live and Let Die**. **Pierce Brosnan** plays a perfect Bond with almost as much cool and sophistication as **Connery** oozed onto the screen in the 1960's.

Is **Tomorrow Never Dies** the best Bond yet? Not even close. All **Connery's** movies are far superior and even a few **Moore** movies were better. I would rate it about tenth best (out of 18) even with **Octopussy** and **Moonraker**.



Critic in the Book Shelves

by Mat Thompson
Entertainment Editor

It has finally happened! **Stephen King** has finally written a book that is good enough for me to actually recommend as a mustread. I have always read King novels but I have been truly disappointed with past novels like **Deloris Claborne**, **Gerald's Game**, and **Insomnia**. There just seemed to be something missing from all these works. It was as if **Stephen King** wasn't even writing the novels himself, or he was just going through the motions. But now with the release (last year) of his latest **Bachman Book, The Regulators**, King is back in true form!

King suggests that his alter ego **Richard Bachman** is just him without a conscience. He claims he can go farther and do weirder things as Bachman than he could not do as himself. To me, Bachman is a return to early days where scaring the reader with something new and inventive was more important than the money. King ruled with such stories as **Carrie**, **The Shining** and **It**, and now **The Regulators** seems to follow in the footsteps of these blockbuster novels.

The story starts on a quiet sub-urban street where a boy is delivering papers to the residents of the block. They are all connected, but separate until a red van begins to roll down the street and the carnage begins. Death and bedlam follow and as soon as one van leaves, another emerges and starts another round of terror. No one on the street seems to know what is going on, but there is one small autistic boy, who, with the help of his imaginary friend (a very powerful one) seems to be in charge of everything that happens in the world around him. But there is one twist, all the child is doing is playing with his toys.

This story is amazing. It is the type of story that comes along once in a blue moon. It is so different that you just have to read it. I brought it on the train with me as something to read until I fell asleep, but I ended up reading the entire novel on the 8 hour ride to Sudbury. I could not put it down, no matter how tired I actually was. The story is surprisingly disturbing as was many of the **Bachman Books** (**Rage**, **The Long Walk**, **The Running Man**) but not to the point that you could not read the story. Afterwards you will be amazed at the fact that you could read a story like that, but while you are reading it you are so engrossed that it does not matter.

The Regulators came out at the exact same time as **Desperation** by **Stephen King**, and the novels are connected in some way, but I don't know how since I haven't started reading **Desperation** yet. The town of **Desperation** is mentioned a few times in **The Regulators** and there is probably some hidden secret you find out when you read them both, but right now all I can say is read **The Regulators**. If you have missed the true **Stephen King** in all his horror, this is the book for you!



LAURENTIAN UNIVERSITY WINTER CARNY '98

February 5-7th '98
le 5 au 7 Février

The SGA Carny Committee hopes that everyone rested up over the holidays because Winter Carny is fast approaching! The fun won't stop from Thursday February 5th until Saturday February 7th. The best news is that CARNY IS FREE this year for all SGA MEMBERS!!! Keep your eyes open for upcoming details and congratulations to all of last years winners.

Overall Winners

First Place - Boozgoisie
Second Place - The Total Package
Third Place - Huntington Hawks

First Place in Thornloe Hockey

Huntington Hawks

First Place in Air Bands Competition

Boozgoisie - KISS

Get involved and prepare yourself for the best Carny ever!!!
Watch out for those penguins around Campus...

SGA AGE



Learn French/Promote English Opportunities Abound

by Christa Haines
Director of Bilingualism, SGA

Welcome back to an exciting semester full of SGA/AGE activities. Keep your eyes and ears open and I am sure you will find something to interest you.

I am interested in finding students who participated in the Summer Language Bursary Program (SLBP) and would be interested in sharing their experiences with students who are considering applying. For those interested in applying for the program and learning French this summer, drop by the SGA/AGE office in the student centre and ask questions. The SLBP is a great way to learn French.

If you are already bilingual, did you know that Laurentian University offers a Certificate of Bilingualism? The certificate is awarded at graduation, but students who wish to qualify for the certificate need to begin preparing in their first year of study. More information is available at the SGA/AGE office and at the Language Centre.

You have probably begun your summer job search by now and here is an opportunity to consider: Ontario/Quebec Summer Student Job Exchange Program. The applications are due by January 30, 1998 and are available in the Placement Centre.

For students who are graduating, a different opportunity exists. Apply for the Language Monitor Program and help promote an understanding of English Canada to students in Quebec and other French-speaking regions. Applications for this program are available at the Placement Centre or on the Internet at www.cmec.ca/olp/

That's all for now but I promise there will be more to come.

L'anglais, le français et les activités

Le nouveau semestre commence et je suis certaine que parmi toutes les activités qu'organise l'AGE/SGA d'ici la fin de l'année vous en trouverez une qui vous intéresse!

Les activités commencent ce soir au Pub Downunder où Rick Bronson est de retour. Et samedi soir, The Gandharvas sont en spectacle. Le 28 janvier est la journée nationale d'action étudiante. Les préparations pour la fin de semaine de Carnaval commencent aussi. Pour en savoir plus, lisez les affiches ou venez au bureau de l'AGE/SGA, au centre étudiant, et posez des questions.

Si vous désirez apprendre l'anglais, améliorer votre français ou promouvoir votre langue maternelle, j'ai des informations qui peuvent vous intéresser.

Le Programme de bourses d'été de langues vous offre l'occasion de fréquenter une institution post-secondaire pendant 5 semaines et apprendre ou améliorer votre français, il existe le Programme de bourses pour francophones hors Québec. Les formulaires de demande pour ces deux programmes sont disponibles au centre de placement ou sur Internet (www.cmec.ca/olp/) et doivent être envoyés au plus tard le 15 février 1998.

Dans le domaine de la promotion de la langue française, j'ai deux opportunités sous les ailes. En premier lieu, le programme des moniteurs de langues officielles est un programme du Conseil des ministres de l'Éducation. Les moniteurs vivent dans une communauté rurale ou semi-urbaine et travaillent avec un enseignant de manière à enrichir ses cours. La date limite pour les formulaires de demande est le 15 février 1998.

Et comme vous le savez probablement, la Semaine nationale de la francophonie s'approche. L'Association canadienne d'éducation de langue française (ACELF) offre des prix pour les étudiants du postsecondaire. L'objet du concours est de proposer une stratégie d'action visant la promotion de la langue et de la culture d'expression française dans son milieu. Il y a deux concours, deux bourses de 2 500\$ à gagner. La date limite de remise de projets est le 6 février. Si ce concours vous intéresse, j'ai les informations nécessaires au bureau de l'AGE/SGA.

La Semaine nationale de la francophonie aura lieu du 16 au 22 mars 1998. Je suis en train d'organiser des activités maintenant et si vous avez des idées, j'aimerais bien les entendre. Qu'est-ce que vous voulez voir?

Communiquez avec moi, Christa Haines, si vous avez des questions au sujet de tout ce que vous venez de lire dans cet article. Vous pouvez me rejoindre au bureau de l'AGE/SGA, dans le centre étudiant ou en composant le 673-6547.

OVERLOAD by Mat Thompson



ENTERTAINMENT TRIVIA #13



By correctly answering this question you can win a CD prize package including the new CD's from A3 - *Exile on Coldharbour Lane*, and the soundtrack to *Deepwater Black - Inclination Vol. 1*.



Question - Other than Chris Farley, name another Saturday Night Live alumnist who died of a drug overdose.

Answer: _____

Name: _____

Student Number: _____

Phone Number: _____

All entries must be received by 1pm on Tuesday, January 20. Drop off completed entries to the Lambda office above the Student Centre at SCE 301. Winner will be contacted by phone and their name will be printed in the next issue.

Cinescreen Returns for 1998

If you don't know what Cinescreen is, well, it is basically Cinefest every night! That's right, every night at the Famous Players City Centre Cinemas, Cinescreen will present one of a great line up of movies.



January 13 - 15 Ponette.

A touching look at grief through the eyes of a four year old girl. Victoire Thivisol delivers a heartrending performance as Ponette, struggling with the adult issues of God and dying in the aftermath of her mother's accidental death.

January 16 - 19 The Myth Of Fingerprints. This movie stars ER heartthrob Noah Wyle and Julianna Moore (Assassins, Nine Months). This movie won rave reviews at Cinefest and returns for this small engagement.

January 20 - 22 Fast, Cheap & Out of Control. This is a funny and bizarre docu-film by Errol Morris. This movie interweaves the stories of a lion tamer, topiary gardener, and MIT scientist and a mole-rat researcher.

Check out future issues of Lambda for more listings of what's hot at Cinescreen over the next few months!

Kraft Dinner Recipe of the Week Cheesy Snow Cones

Ingredients: 1 box of Kraft Dinner
1 package ice cream cones
Snow

Directions: For those really pathetic days in rez when you can't figure out what to make for a quick lunch, use what you have. Make the KD according to the directions on the side of the box. When it is all mixed together, put the KD into the refrigerator to cool off. Go outside while the KD is cooling and get a pot full of snow (make sure it's not yellow!!!). Immediately mix the KD and snow together to make a nice cold, cheesy snow cone. Serve in a bowl or in actual ice cream cones. Makes a great treat!!!



- Health Plan cards are here. Save 80% on prescription drugs. Also covers for athletic therapy through the Voyageur Athletic Therapy Clinic. Pick up your cards at the SGA office in the Student Centre, SCE212.
- FREE agenda books also available at the SGA office.
- FREE LEGAL AID - JAN.28
- BOOK BUY BACK IS HERE L233 Please drop off your books IN ROOM L233 of the Student Centre. You set your price on your books and we'll try and sell them for you.

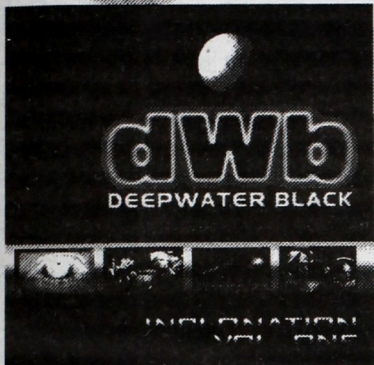
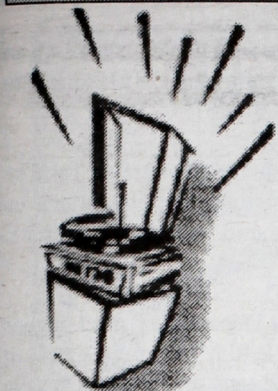
- Cartes pour le plan d'ordonnances sont arrivées. Rabais de 80% sur les ordonnances. Aussi, vous avez accès à la thérapie sportive avec le clinique de Thérapie Sportive Voyageur.
- Agenda GRATUIT aussi disponible au bureau de l'AGE.

- Aide Judiciaire GRATUIT le 28 JANVIER.

• RACHAT DE LIVRES est ici. Nous avons grand besoin de vos livres. SVP laissez vos livres au bureau L233 au centre étudiant. Vous fixez un prix pour vos livres et nous les vendons.

LEND ME AN EAR

Reviews by Mat Thompson, Entertainment Editor.



Deepwater Black Inclonation Vol. 1

Have you ever turned on either Y-TV or ShowCase and watched a show about some clones sent to earth to repopulate it with the only remaining human DNA in the universe? Well, if you have, it's **Deepwater Black** and they have a soundtrack.

This soundtrack contains 12 tracks that have been featured on, or have been inspired by the show. The collection of talent is astounding for a crappy little show. The whole album has a techno-electronic futuristic sound that is very popular today. The album contains classics like **Gary Numan**, futuristic sounding groups like **Mouse on Mars** and **Cirrus**, and even the all out attack that is **Prodigy**. Vancouver greats **Delerium** have a track on the album that is just superb. The theme to **Deepwater Black** is even featured and remixed on the album for fans to enjoy.

Other groups featured include **DJ Spooky**, **Moonstarr**, **Mood Ruff**, **Empirion**, and **Bowery Electric**. *Inclonation Vol. 1* is available now and is worth checking out. Fans of electronica will be surprised and pleased.



Scream 2 Soundtrack

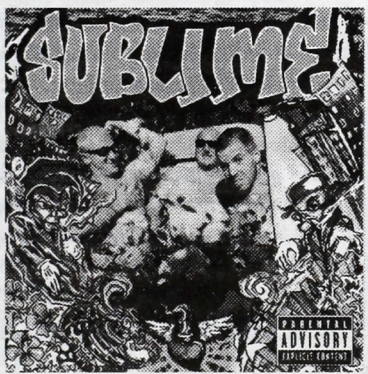
Probably the only redeeming factor about this movie was the soundtrack. I find it kind of pathetic when a little disk holding ten to fifteen songs is actually more enjoyable than a multi-million dollar motion picture. Enough about the movie, on to the soundtrack.

The **Scream 2** soundtrack is good. It has a very urban sound to it that the first soundtrack lacked. With groups like **Sugar Ray**, **Master P**, **D'Angelo**, **Kottonmouth Kings** and others, this soundtrack brings forward

a sound that is not often heard on major soundtracks. The style today is to go with what is big and that is alternative music. Of course **Scream 2** bows to this demand by lining up many great bands to make this a multi dimensional album. **Collective Soul**, **The Dave Matthews Band**, **Foo Fighters**, **Tonic**, and **Eels** are just some of the powerhouse line up that can be heard on this album.

There are two stand out tracks on the album. **Everclear** rocks better than ever with their song *The Swing* making other more established groups look like amateurs. But the one song that everyone will be singing is **Less Than Jake's** version of the **Partridge Families' I Think I Love You**. This version is superior to **Jerry O'Connell's** version in the movie. This version is probably one of the best covers I have heard in a long time! It almost makes the **Partridge Family** cool for the first time ever!

For lovers of soundtracks, this is a good disk to get. It has a great mix of modern styles and songs you won't get sick of. It is not as good as the **I Know What You Did Last Summer Soundtrack**, but it can hold its own. **Scream 2**, too bad the movie sucked!



Sublime - Second-Hand Smoke

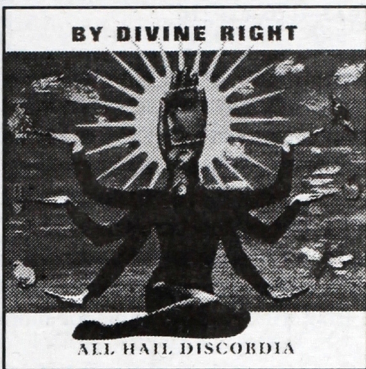
Just like **2Pac** and **Cobain**, **Sublime** is now popping out more albums even though the front man is dead. *Second-hand Smoke* is a collection of 19 tracks by the now big Ska group that may never reach the potential that they had.

With their lead singer dead of a drug overdose, the remaining members of **Sublime** have released this album (with more to come) to show the talent of their former front man. Either that or they wanted the money! The album contains leftovers and remixes that are laced with overdubbing and sampling. It's almost as if **Puff Daddy** got a hold of this album.

The album starts off with one of two remixes of *Doin' Time* turning it even more Ska-like adding horns and a lot of sampling. The album is like a follows through highlights of the groups career and showcases a lot of talent that was probably just wasted. One of the low-lights on the album is that **Gwen Stephani** sings a duet with **Sublime** just wrecking the whole album (I hate **No Doubt!!!**). There are other good tracks like a **Marley** cover (*Trancho Town Rock*) and some more classic **Sublime**, but I don't know if I can get past **Gwen** being on the

album.

For fans of **Sublime** this is one of the best albums to have. It has everything you could want. I recommend it to anyone, but just watch out for **No Doubt**, the pop up when you least expect it.



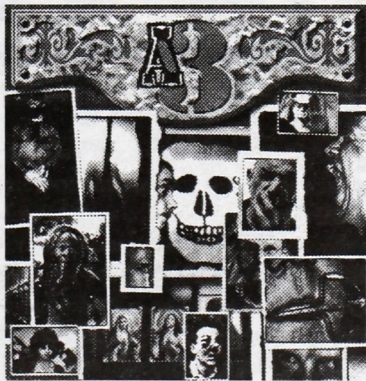
By Divine Right - All Hail Discordia

Have you ever listened to an album and you can actually hear the music that the band must have listened to as children growing up? **By Divine Right** has their own sound, but you can hear the sounds of many of the superbands from the late 1960's and early 70's. It's kind of cool.

By Divine Right has a sound a lot like that of **Sloan** but the undertones of the music seem to have a deeper origin as I already stated. These guys actually know what they are doing when they are creating their music. They create what is new, but mess with your mind by having such a historical sound behind the new.

By Divine Right is a Toronto based band who have just been signed with **Nettwerk Productions** and have a great career ahead of them. They have taken the sounds of many of today's big bands, and many classic sounds and put everything that is good into one album. I usually put down groups that are just the same thing over and over again, but **By Divine Right** has gone above and beyond, bringing what is known and adding to it.

All Hail Discordia is the new album by **By Divine Right** and is available now.



A3 - Exile on Coldharbour Lane

Once again I have been sent some strange ass shit! **A3** has to be one of the strangest, but very interesting groups that I have ever had to review. They are hard to define as they are basically acid house, a mix of blues, gospel, country, dance and reggae. It is basically strange island

style music mixed with early alternative sound, all produced and written in England. If that doesn't prove how diverse this sound is, I don't know what will.

A3's biography is full (as well as the album) of many spiritual and holy references (including the name **A3**). **A3** is lead by **The Very Reverend Dr. D Wayne Love** and the group is rounded out by his 11 disciples who's names would take up this whole page. **A3** follows the belief that "In the beginning was The Word, and The Word was ELVIS..." That's right. Along with all the other strange shit they preach, they believe that Elvis is God! Are you scared yet? I sure as hell am!

The CD contains 12 tracks that should completely alter what is normal in your life. And if that is not enough, the case contains a second CD containing 7 bonus remixes of their so-called greatest songs. This of course is the groups first album so the remixes are of their only singles so far.

I don't know what else to say about this album. It is definitely interesting, and definitely unique, but it is also strange and scary at the same time. If you like acid house with a great big strange sense of humor, **A3** may just be the group you are looking for. Of course I can't imagine this CD being what anyone is looking for, but it just sneaks up on you and soon you are hooked. If you have the nerve and the open mind, check out **A3's** debut *Exile on Coldharbour Lane*.



Marilyn Manson - Remix & Repent

Fans of the Anti-Christ Superstar unite! It's time for another **Manson** album....or is it? *Remix & Repent* is just a remix album with five tracks on it. It's barely even worth the money you may pay for this.

The first two songs on the EP are remixes of *The Beautiful People* (*The Horrible People*) and *The Tour-niquet Prosthetic*. So what's so new about them? Not much. A little sampling here and there and a few extra instruments here and there and you have the dance mixes of your favorite **Manson** songs. The next two songs are live versions of *Dried Up*, *Tied Up and Dead to the World* (*Utica, NY*) and *Antichrist Superstar* (*Hartford, CT*). So if you could not get out to see them, or they were banned where you were, this EP gives you a sample of just what **Manson**, **Ramirez**, **Gacy**, and **Berkowitz** sound like live on stage. Is there much of a difference? Not really. Just a little louder and harder to under-



stand. Your typical thrash band in concert.

Last but not least, the final track is the *Man That You Fear* played acoustically. Strange? Oh yeah! It's **Manson** unplugged and it actually sounds pretty good. Kind of like that drunk uncle everyone has that tries to play and sing some modern song he doesn't really know. **Manson** knows what he is doing and so does the record company. They released this just before Xmas hoping all the little fans would swarm and buy it looking for anything new from **Manson**. There is nothing really new here, but for the true fan, it's a good EP to have in your collection.



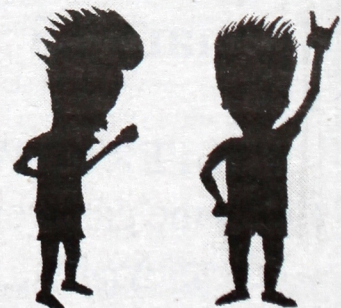
Arden Jones - Shame

This group came with a lot of hype behind it in it's bio, but after listening to them, they kind of lack that certain something that makes you want to listen to them again. **Arden Jones** is not that bad of a group, but they just don't pull the listener in making them crave more.

The sound of the group has a very pop-like folk feel and the lead singer has a very traditional sound reminiscent of **Sarah McLachlan**. The lyrics and vocals sound most of the time as if they are on the wrong album. The lead singer and the group have very distinctive sounds that just don't mesh. Separately, they are interesting, but when they are put together, it just does not work.

The first single being released from the album is *Wasted Pride*, which is being promoted as adult contemporary, which suits it perfectly. Not to condemn the group to a life of radio hell, but their sound is definitely music you would hear in the background at a work place.

If you are looking for a quieter more grown up sound, maybe you should check out **Arden Jones**, but if you are looking for that CD with something new on it that will spark your interest....this is not it!



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ANNOUNCEMENTS

From Friday January 16 to Sunday, January 18: U of S will host the Canadian Catholic Student Regional Conference entitled "From Water to Wine, making a difference," For registration and further information contact Ron Perron, 673-5661.

Sunday January 18: As part of the Huntington Music Recital Series, vocalist Sharla Nafzger will be accompanied by Jonathan Gonder in a concert featuring works by Purcell, Poulenc, Barber, and Strauss, at 3pm, in the Fraser Auditorium. Tickets: \$8; and students and seniors, \$6 further information contact Jack Broumpton, 673-4126, ext.216

Tuesday January 20: An INORD Research Seminar will be held from 10 to 11:30 am, in L303. Joan Mount, Dean of Sciences and Professional schools, will present the topic "The Sudbury Regional Business Centre: An innovative Partnership Among Rivals That Produce Results." All are welcome. Info: ext. 3212.

Tuesday, January 20: Campus Ministry has moved from Room 128 to Room 126, in the Student Centre. To celebrate the opening of our new office, an Open House will be held from 10 a.m. to 2 p.m. for more information dial 673-5661.

Tuesday January 20: An Ecumenical Celebration with Taizé player will be held at 7 p.m. in the Round Chapel, U of S. Let us get together to pray with songs. Mgr. Paul-André Durocher will be leading us with his guitar. For more information: 673-5661

Saturday January 24: A Unity Gathering, hosted by the Baha'i Community of Sudbury, will be held at 7:30 p.m., in the Thorneloe Chapel. The theme "Why Religion?" will be presented by keynote speaker/facilitator, Valerie Senyk. This event is part of Ecumenical Week which is being held from January 18 to 25. For more information: 673-5661

Friday, January 23: The German Section of the Department of Modern Languages, Laurentian University presents German Movie Night. It will show the movie "Wenn der Vater mit dem Shone," with Heinz Ruhmann in German with no subtitles at 7p.m. in room C 309 Admission is free, Everyone is welcome. For further information call 525-5979.

ANNONCES

vendredi 16 janvier jusqu'au dimanche 18 janvier: L'U de S sera l'hôte de la conférence régionale des étudiants canadiens catholiques intitulée "From Water to Wine. Making a Difference". Inscription et renseignements: Ron Perron, 673-5661.

dimanche 18 janvier: Dans le cadre d'un récital de musique présenté par l'U de Huntington, la chanteuse Sharla Nafziger sera accompagnée par Jonathan Gonder. Elle exécutera des oeuvres de Purcell, Poulenc, Barber et Strauss, à 15h, à l'auditorium Fraser. Billets: 8\$, adultes; et 6 \$, étudiants et personne âgées. Info: Jack Broumpton, 673-4126, poste 216.

mardi 20 janvier: L'INORD présentera une conférence de 10 h à 11 h 30, dans la salle L303. Joan Mount, doyenne des Sciences et des Professions, discutera du thème "The Sudbury Regional Business Centre: An Innovative Partnership Among Rivals That Produces Results". Bienvenue à tous. Info: poste 3212.

mardi 20 janvier: Une célébration d'ouverture aura lieu de 10h à 14 h au bureau du Service de pastorale qui est déménagé de la salle 128 à la salle 126, au Centre étudiant. Bienvenue à tous. Info: 673-5661.

mardi 20 janvier: Une célébration oecuménique avec prière de Taizé se tiendra à 19h, à la Chapelle ronde, U de S. Réunissons-nous pour prier avec des chants. Mgr. Paul-André Durocher sera parmi nous avec sa guitare. Info: 673-5661.

vendredi 23 janvier: La Section allemande de Département des Langues Modernes, Université Laurentienne, sera passer le film "Wenn der Vater mit dem Sohne" avec Heinz Rühmann (en allemand sans sous-titres) à la salle C 309 à l'Edifice des classes à l'Université Laurentienne. Entré libre et bienvenue à tous! Appelez 525-5979 pour des renseignements.

samedi 24 janvier: Une rencontre d'unité, animée par la communauté Baha'i de Sudbury, aura lieu à la Chapelle de Thorneloe. La conférence, intitulée "Pourquoi la religion?" sera présentée par Valerie Senyk. Cet événement fait partie de la semaine oecuménique, qui aura lieu du 18 au 25 janvier. Info: 673-5661.

La nuit sur l'étang

Appel de candidatures pour les prix qui seront remis lors de la 25e Nuit sur l'étang!!

L'équipe organisatrice de la 25e Nuit sur l'étang invite la communauté franco-ontarienne à soumettre des candidatures pour les prix qui seront décernés lors du Gala de La Nuit sur l'étang 1998. Cette soirée, qui s'annonce pleine de retrouvailles et de souvenirs puisqu'elle viendra souligner les 25 années du festival, sera remplie de surprises pour les heureux lauréats des Prix du Nouvel-Ontario, Prix de la Nuit et Prix de l'Université Laurentienne. Le Gala aura lieu le vendredi 6 mars 1998 à l'Université Laurentienne de Sudbury. Vous trouverez ci-dessous une description plus complète des divers prix.

Le prix du Nouvel-Ontario

Pour la seizième année consécutive, nous remettons cet illustre prix à un artiste francophone de l'Ontario. Ce prix d'excellence en arts et en lettres vient souligner une contribution significative dans les domaines de la création artistique de tous genres. Le prix a pour objectif de couronner une carrière artistique d'envergure. On utilisera les critères suivants pour déterminer le lauréat, la qualité, l'originalité de l'oeuvre et l'impact que cette oeuvre a eu sur la communauté. On évaluera aussi l'artiste, son leadership, son engagement envers la communauté et sa contribution à la fois artistique et communautaire. Le gagnant ou la gagnante recevra le célèbre trophée de la Trille.

Prix de la Nuit sur l'étang, le prix de l'artiste ou du groupe de l'année

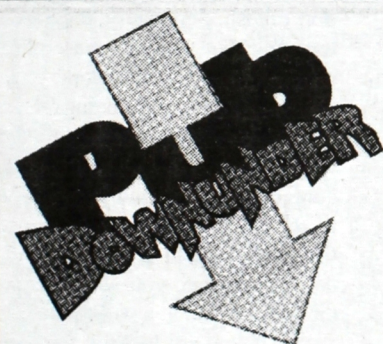
Ce prix sera décerné à un artiste ou un groupe franco-ontarien oeuvrant dans le domaine de la musique (en français) qui s'est illustré sur la scène provinciale, nationale, voire même internationale durant l'année 1997. Le prix souligne aussi la contribution à la communauté franco-ontarienne et l'implication à des activités reliées à l'industrie musicale en Ontario français. On évaluera les dossiers à l'aide des critères suivants: qualité du produit artistique, production de disque, de vidéoclips, de spectacles, de critères suivants: qualité du produit artistique et contribution au développement de la relève.

Prix de l'université Laurentienne, le prix de la relève

L'Université Laurentienne, partenaire fondateur de la Nuit sur l'étang, est heureuse de présenter à nouveau le prix destiné à un groupe ou à un artiste de la relève. Ce prix d'une valeur de 500 \$ sera remis pour une deuxième année; l'année dernière, le groupe Les Chaizes muzikales a obtenu cette bourse qui veut souligner le travail d'un artiste ou d'un groupe de la relève au cours de l'année dans le domaine de la chanson et de la musique francophones en Ontario.

Pour être éligible, le groupe ou l'artiste doit:

- être actif dans l'industrie au cours de l'année 1997;
- contribuer à l'industrie de façon positive;
- faire la preuve qu'il désire apprendre et perfectionner son art'
- présenter un produit artistique musical original et en français.



January 15

**Jam in the Pub
Downunder
Open Stage
Night every
Wednesday.
Don't miss it!**



January 25

SUPER BOWL PARTY in the pub.
Enjoy the game on a 9X12" screen and win a television.



The Laurentian Student & Community Radio Corporation, operator of CKLU-FM, is looking to fill the position of

Sales Representative

As the ideal candidate, you will service current sponsors and develop new relationships with local businesses. Integrity, an open mind, and a clear understanding of the campus/community radio niche are essential. You will work closely with our co-op management team and dedicated volunteer staff.

You should be a well organized self-starter with super communication skills. Experience in advertising sales is important. A real working knowledge of any of: radio, audio production, non-profit organizations, French, new media and creative thinging/writing, is beneficial. If you are mobile, reliable, computer literate and looking for a flexible, commission-based position which could supplement your current situation, you are encouraged to send your resume, by January 19th, 1998 to:

CKLU Hiring Committee
935 Ramsey Lake Road
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check us out at www.cklu.isys.ca

Voyaging in the New Year



Home

-The Hockey Vees take on the York Yeoman on Saturday January 10th, 1998 at the Sudbury Arena, the puck drops at 2:00pm.

Away

-The Volleyball team will be traveling to the Victoria Invitational tournament to compete over the holidays. The team will be competing from December 29th to January 5th.
-The Men's Basketball team will be taking on York on Friday January 9th.
-The Lady Vees will be traveling to Toronto to take on York on Friday January 9th.
-The Men's and Woman's Track and Field team will be traveling to the York Open on Saturday January 10th.
-The Aqua Vees will taking on York and Ryerson at a tri meet in Toronto on January 5th.

Voyageurs Finish Second at Western Tournament

Last weekend the Voyageur Basketball team traveled to London to compete in the Western Tournament. In their first game the Voyageurs took on the Wilfrid Laurier Hawks and defeated them 86-37. The half time score was largely in favour of the Voyageurs 49-17. Top scorers for the Voyageurs were Cory Bailey with 18, Ted Dongelmans with 13 and Kevin Gordon with 12.

In their second match up of the tournament the Voyageurs lost a close game to the host team. The Voyageurs were down 13 points at the half and came up short with a final score of 71-68. Top scorers for the Voyageurs were Ted Dongelmans with 19, Kevin Gordon with 17 and Cory Bailey with 12.

Voyaging

Home

-The Volleyball team will be hosting Queen's University Saturday and Sunday. Game time on Saturday is at 7:30pm, and Sunday at 1:00pm
-The Nordic Men's and Women's Nordic Ski team will have their Designated Race 1 On Saturday and Sunday
-The Hockey team will be hosting Western on Saturday at 2:00pm and Windsor on Sunday at 2:00pm.

Away

-The Men's basketball team will be traveling to Concordia to take on the Stingers on Friday, then they're off to McGill to squash the Redmen.
-The Lady Vees will be in Montreal to take on Concordia on Friday and McGill on Saturday.
-The Track and Field team will be attending the CAN AM Classic in Windsor.



Hockey Vees are fit to be tied

by Jason Stevenson
Sports Editor

After a disappointing 9-2 loss to the York Yeomen in Toronto on Thursday, both teams made the trip back to the great white north to continue their rivalry. The Yeoman occupy first spot in the OUA West Division, with Laurentian at their heels in second. Both goals were scored by the Vees saving grace Kiley Hill.

At home on Saturday the boys took to the ice with a sense of urgency; losing again would not be tolerated, especially by such a large margin. It was apparent from the opening face-off that the boys meant business. The Vees played a rough, bang'em up style that thrilled the spectators and had them on the edges of their seats. Unfortunately the Yeoman came out to a one nothing lead in the first period because of some sloppy defense by the Vees.

Late in the first period John (O.T) Glavota collided with York's

Matt Ellis, Ellis fell into the boards head first while fishing for the puck in the corner. After Ellis failed to get up and as a result emergency crews were called, and the game was delayed for approximately forty minutes as staff tended to the immobilized player. Paramedics escorted Elise off the ice on a stretcher and while little information is available as to his condition, sources have indicated that he is not in any immediate danger. This potential tragedy must have reminded our boys how fragile their careers are, because after the break they came out and played like it was the last game of their lives.

The Vees scored a quick goal and then another by Kiley Hill tied the game at two apiece. Early in the third period rookie defenceman Matt Dediana came streaking down the ice and put the Vees ahead by one. York would tie the game later in the third. Then it was crunch time; the Vees had a two man advantage because of a York penalty. The boys failed to score

with the two man advantage; they came close twice. Once when the puck floated adjacent to the goal but failed to slide in. The fans were on the edge of their seats. To make things worse a second Voyageur shot on net hit the inside of the cross-bar and appeared to be a goal but unfortunately the officials failed to see it that way.

Late in the third the Yeoman went ahead by one and the Vees responded with a goal by captain Brad Baber with three minutes left in the third. The fans rejoiced as the five minute overtime began, but alas the game stayed tied at four apiece. The Vees were fit to be tied, but considering the loss they suffered to York in Toronto this was a great victory for our boys. It was clear that if the Vees play their brand of rough and tough hockey they can play with anyone.

Come on out and watch the Vees next weekend when they take on Windsor Saturday and Western Sunday.

Lady Vees Maintain Perfect Record

The Laurentian Lady Vees now stand at a 7-0 record following a win over the York University Yeowomen Sunday at the Ben Avery Gymnasium. Leading at the half by a score of 50-40, the Lady Vees held on to win the game by a final score of 84-67. Leading the Vees in scoring were Stephanie Harrison with 29 points, Shelly Dewar with 22 and Karen Vos with 16. Top scorers for York were Karen Jackson with 27, Karen Papadopoulos with 12, and Leslie Richards and Shelly Lang both with 7. Molson athletes of the

week were Shelly Dewar for the Vees, and Karen Jackson for York.

With the Lady Vees at a perfect record Coach Campbell's rookie coaching career is off to a fine start. The Lady Vees seem to be on their way to the National championships, if they continue their success. Who knows who'll be able to stop the powerful Lady Vees?

A National championship would be an honour to the memory of coach Ennis and a tribute to his legacy here at Laurentian. A championship or not the Lady Vees are a testament to

the rich tradition of basketball that Ennis fostered here at Laurentian. A tradition that coach Campbell seems to be carrying on well. With weapons like Harrison, DeSutter, Dewar and Vos the Lady Vees should be confident when they host the OUA finals in March. With home court advantage the OUA look good for the Lady Vees.

Next action for the Lady Vees is next weekend when they will travel to Montreal to play Concordia on Friday, and McGill on Saturday.

SGA
AGE

CHIEF RETURNING OFFICER REQUIRED

Nominations for the position of
CHIEF RETURNING OFFICER (CRO)

for the upcoming SGA general elections. Nominations will be accepted at the SGA office SCE212 from January 7 to January 21, 1998 at 4:00pm. Must be an SGA member and letter of intent addressed to Mike Grube, President.

For more information call 673-6547.

SGA
AGE

POSTE À COMBLER PRÉSIDENT(E) D'ÉLECTIONS

Les nominations pour le poste du
PRÉSIDENT(E) D'ÉLECTIONS

pour les prochaines élections de l'AGE seront acceptées du 7 janvier au 21 janvier 1998 à 16h00 au bureau de l'AGE, salle SCE212.

Les candidat(e)s doivent être membres de l'AGE. Faites parvenir une lettre d'intention à Mike Grube, Président.

Pour plus d'information
composez le 673-6547

Dr. Jay's Nutrition View



Mom may have warned you against snacking between meals, but now that you're a bodybuilder you're told to eat and eat often, no less than six times a day. Mom was right on at least one point: You need to watch what you eat! And her advice is as important as ever if you get hungry an hour or so before training, when a full meal might slow you down. The nutrient content of the food you grab before a workout can have a crucial impact on your subsequent training, both for aerobic and anaerobic activities. Carbs are the most important fuel source for intense exercise like weightlifting. Perhaps the best energy insurance is to eat balanced meals throughout the day that are high in complex carbohydrates. Keep the ratio of starch to simple carbs at 5:1, with complex carbs accounting for about 50% of your total daily calories.

Carbs are also your best choice for an energy boost before your workout. Nutrient-dense snacks offer a big caloric punch in a relatively small package. Sugary, high-fat foods are the wrong choice (and the ones you'll likely crave when you're hungry) as they are digested slowly because of their high fat content, pulling water from your bloodstream into your digestive tract, which can drastically raise your insulin level - all factors that can negatively affect your training. Consider the importance of the following nutrients in the snacks you choose:

- Complex carbs - Raise blood sugar levels only moderately and provide the type of fuel your body uses - glucose. Your best energy choice, complex carbs take longer to digest because they must be broken down into simple glucose molecules. Carb-stocked muscle glycogen is crucial for demanding training in both anaerobic and aerobic activities. If it's going to be more than an hour or

two before training, choose foods that produce both the most even and prolonged blood-sugar response, yet still provide the energy required by your working muscles. Complex carbs include grain products such as pasta and cereals, and potatoes. •Simple carbs - Quickly converted into glucose for faster use by the body because of their simpler molecular structure. A simple carb like fruit juice provides a quicker surge of energy, often sending blood sugar and insulin levels up. Better to combine simple and complex carbs. Glucose, fructose, lactose, maltose and sucrose are simple carbs. •Fiber - Slows digestion, attracting water out of the blood, and makes you feel full. Too much can have you running to the facilities at the wrong time. •Proteins - Opposes insulin secretion and slows digestion; protein is not as important before an activity as during recuperation. If your body is low on glucose for energy, protein is converted into sugar for fuel (one reason a low-carb diet for athletes is counterproductive). •Fats - Also slow digestion and give a feeling of fullness. Fats are used as energy during rest, low-intensity activity as well as aerobic exercise, and your body probably has plenty to burn unless you have ultra-low bodyfat.

You can take some snacks with you to school or work; others require advance preparation in the kitchen. Consider drinking a glass of water with nutrient-dense and solid foods to speed digestion and to keep from dehydrating. Water is also critical during the summer heat because loss of fluids undermines exercise performance. Drink lots of water (or sports drinks such as Gatorade with about a 6-8% concentration of sugars

if you need to replace glucose) before, during and after exercise. Drinks containing high concentrations of sucrose, fructose and glucose (soda pop, fruit juice and some sports drinks) empty slowly from the stomach, delaying working muscles' receipt of both the water and carbohydrates. One reminder: Check food labels carefully to determine nutrient content.

1 CARBOHYDRATE BARS

(2.3 ounces)
Carbs: 52 g
Protein: 1 g
Fat: 1 g
Potassium: 14%
Fiber: 28%

LOW-FAT COTTAGE CHEESE & PINEAPPLE

(8 ounces)
Lactose (milk sugar) provides quick energy. (Lactose-intolerant individuals might avoid dairy products.) High in protein; added fruit tastes great and provides simple carbs, vitamins and some fiber.
Carbs: 24 g
Protein: 24 g
Fat: 4 g
Sodium: 26%
Riboflavin: 17%
Calcium: 11%

OATMEAL

(8 ounces)
Easy to prepare and lots of complex carbs; add fresh fruit for taste and simple sugars or even a spoonful of protein powder.
Carbs: 25 g
Protein: 6 g
Fat: 2 g
Fiber: 16%
Iron: 9%
Thiamin: 17%

BAKED POTATO

(7 ounces)
Nuke it in the micro-wave. A great source of complex carbs. Stay away from fattening toppings. You can't beat the price!
Carbs: 49 g
Protein: 5 g
Fat: 1 g
Fiber: 20%
Iron: 14%
Potassium: 30%
Thiamin: 16%
Niacin: 17%
Vitamin B6: 35%
Vitamin C: 52%

ORANGE WEDGES

(6.4 ounces)
A quartered orange is easy to eat on the run (in fact, distance runners often eat these during competition for energy). Source of simple carbs.
Carbs: 21 g
Protein: 2 g
Fat: 1 g
Potassium: 11%
Vitamin C: 160%
Fiber: 16%

HIGH CARB/PROTEIN SHAKE

(16 ounces)
Delicious blended drink of banana, orange juice and Mega Mass 4000 for simple and complex carbs, protein, vitamins and minerals.
Carbs: 159 g
Protein: 31 g
Fat: 2 g
A full day's worth of vitamins C, E and niacin, and more than half of vitamins A, B6 and B12, as well as potassium, calcium, thiamin, riboflavin and folate.

PASTA

(4 ounces)
Enriched macaroni or other pasta with a dash of nonfat salad dressing is a fine source of complex carbs.
Carbs: 82 g
Protein: 14 g
Fat: 2 g
Thiamin: 47%
Riboflavin: 35%
Niacin: 40%

CARBO DRINK

(18 ounces)
Convenient, excellent source of complex and simple carbs in a variety of flavors, but you'll want to dilute the beverage if you drink it during your workout.
Carbs: 105 g
Protein: 0 g
Fat: 0 g
Sodium: 1%
Vitamin C: 50%

LOW-FAT BLUEBERRY MUFFIN

(1.6 ounces)
Watch out for the high fat content on some brands! Lots of complex carbs, and blueberries add flavor.
Carbs: 22 g
Protein: 3 g

Fat: 5 g
Niacin: 6%

LOW-FAT FROZEN YOGURT

(4 ounces)
Skip the ice cream on hot summer days for this flavorful and healthy treat.
Carbs: 17 g
Protein: 4 g
Fat: 2 g
Calcium: 12%

LENTILS

(4 ounces)
Quickly cook up a cup of this legume, which is among the best complex carbohydrate sources because it raises blood glucose levels very evenly. Also high in fiber.
Carbs: 20 g
Protein: 9 g
Fat: 1 g
Fiber: 20%
Potassium: 12%
Vitamin B6: 10%
Folate: 45%
Iron: 18%

GRAPE JUICE

(8 ounces)
Always a favorite, juice provides fast sugar from fructose and plenty of delicious (and often fortified) varieties.
Carbs: 38 g
Protein: 1 g
Fat: 1 g
Potassium: 11%

ENRICHED BAGEL

(2.4 ounces)
A good source of complex carbs. Try the many flavorful varieties. Instead of cream cheese or butter, try topping with fruit-juice-sweetened jam.
Carbs: 35 g
Protein: 7 g
Fat: 1 g
Sodium: 12%
Thiamin: 17%
Riboflavin: 12%
Iron: 12%

FIG BARS

(2 ounces)
A good source of both simple and complex carbs, but far lower in fat than most cookies. A fat-free bar is now available, as well as other fruit flavors.
Carbs: 42 g
Protein: 2 g
Fat: 4 g
Iron: 8%

NONFAT LIQUID YOGURT

(8 ounces)
Lots of simple sugars from milk and fruit, with protein. A great way to get your yogurt without a spoon. Watch out for higher fat kefir.
Carbs: 36 g
Protein: 8 g
Fat: 0 g
Vitamin C: 10%
Calcium: 35%

POWER JERKY

(1 ounce)
Preservative-free turkey breast jerky is a convenient and tasty snack that provides a good source of protein before or after your workout. Eat with juice to speed digestion and for simple carbs.
Carbs: 4 g
Protein: 13 g
Fat: 1 g
Sodium: 26%

We need cardio!

by Jason Stevenson
Sports Editor

Last semester I wrote several articles on the weight room, I wrote about the poor quality of the weight room, I wrote about the dangerous equipment, namely dumbbells and benches. I wrote about the lack of quality cardio equipment. Well guess what people, I complained and some of you complained and if you haven't noticed we did get new dumbbells and we did get a new adjustable bench. Now I ask what has this shown me? Its shown me that if we complain, if we show some interest that people listen. We can still turn the Jurassic Gym into something we can be proud to call our weight room. The next step in the road is to acquire some quality cardio equipment.

Some may think that I am beating this topic to death, and they may be right but until something is done we have to keep it current or those in charge will think that we really don't care, that by our commitment to this last only as long as the time it takes you to read this article.

I must admit that even I had grown complacent, that the new equipment had pacified me. That

was until I went to Cambrian College over the holidays to watch some friends play indoor soccer. When I walked into the athletic centre at the Barrydowne campus I was amazed to see some of the most modern weight lifting equipment and accessories as well as a plethora of cardio equipment. While I enjoy using our four Monarch bikes I am quite sure that the students of Cambrian College enjoy using their: 3 treadmills, 4 stairmaster, 2 elliptical cross-trainers, 3 lifecycles and 3 monarch bikes allot more.

It wasn't just the weights or the cardio equipment it was the whole feeling of the weight room at Cambrian. There were mirrors to the ceiling and new rubberized floors, all these things made you feel like Cambrian College really cares about their facilities. I don't get that feeling when I use the facilities at Laurentian. Another thing that stuck was the fact the Cambrian students did not only have access to the schools athletic centre, but they also have access to the Cambrian Athletic Centre on Lorne street. The Center on Lorne street is a fully equipped fitness center with even more cardio and weight lifting equipment than the College itself, as well as a track and a swimming pool. We pay

roughly twice the tuition that Cambrian students do, and by my estimations they have access to about 4 times the athletic equipment that we do.

Why do we pale in comparison to a community college, why do we have to tolerate such mediocrity. I realize that we have more Varsity sports than Cambrian, and as a result more Varsity athletes that have to travel and compete at the national level, which costs a considerable amount of money. But our athletic fees we pay should give us something, us the thousand or so that use the facilities something, not the hundred or so that play varsity sports. I am not trying to put down varsity sports in any way, if anything I think our top athletes deserve training facilities that match their talents as national athletes. Our athletes pay athletic fees as well and they should have adequate training facilities.

It is time to bring about some change, the women's basketball team shouldn't have to jog in minus fifteen degree weather jeopardizing their health when they could spend that time indoors on a treadmill. We need new cardio equipment, for the athletes, for the students, for the faculty, for our community.

Athletes Of The Week

Male Athlete Shane Rosati-Track & Field

Shane Rosati is a third year sports and Physical Education student enrolled in the school of Human Kinetics at Laurentian University. A native of Pickering, Rosati first began his track and field career with local clubs and his high school team. Rosati has had much success during his years at Laurentian University as he previously qualified and competed in the CIAU championships. This past weekend, the Track & Field teams travelled to the University of Toronto to take part in the Sharon Anderson Memorial Meet. At this competition Rosati continued his success by finishing second overall in the long jump where he set a new Laurentian record and qualified for the CIAU Championships. As well, Rosati placed 6th in the triple jump.

Female Athlete Jenn Dewan-Track & Field

Jenn Dewan is a fourth year Health Promotion student in the school of Human Kinetics at Laurentian University. A native of Bracebridge Ontario, Dewan has been an active member of the team for the past four years. Dewan has been named the Cross Country and Track and Field most valuable player for Laurentian University as well as rookie of the year for these two sports. This weekend the Laurentian Track & Field teams travelled to the University of Toronto to take part in the Sharon Anderson Memorial Meet. At this competition, Dewan finished first in the 100m and was ninth in the 300m.

Voyageurs Track team posts good results

The Men's and women's Track and Field teams travelled to Toronto this weekend to take part in the Sharon Anderson Memorial meet at the University of Toronto Varsity Blues.

In men's action, top finishes went out to both 4x 800m relay teams that finished 1st and 3rd. Individual results came from Shane Rosati finishing 2nd in the Long Jump and 6th in the triple jump. Brian English finished 6th in the 1000m and Rob Venden Hengel finished 6th in the 1500m. Top finishes for the women came from Jenn Dewan who finished

1st in the 1000m and 9th in the 300m. Lynne Perron finished 3rd in the 3000m and 8th in the 1000m. Erin Kennedy had two 6th place finishes in the 1000m and 1500m.

Next Action for the Track and Field teams is Saturday January 24th when they travel to the McGill Team Challenge.



Splash into Carny Week

It's FINALLY here! Laurentian's Intramural Dept. has decided to help kick off the SGA Carny Week with a great big SPLASHING event, the **BELLY FLOP/CANNONBALL COMPETITION!** The fun begins at 1:00pm, Friday 6th until 3:30pm, at the Olympic Gold Pool in the PHED Centre. Great Prizes will be awarded to competitors and lucky spectators, as well as some exciting moves from our jumpers (which will include SGA president Mike Grube!!!). All competitors have the option of using music and/or a costume to impress the judges' score. There will be NO FEE for COMPETITORS, however one non-perishable food item will be requested from each spectator. All collected food items will be donated to the Laurentian Student Food Bank. Entries are being accepted beginning, Monday January 12th to Friday January 16th at the intramural office in the PHED Centre. Or simply fill out the attached entry form below and drop it off at the office or in the Drop-off Box that will be posted in front of the Great hall. For more information call/drop by the Intramural Office or call Julie @ 564-8787 or email Sandy@S5000601@nickel.laurentian.ca. Come on and join in the Fun!

ENTRY FORM BELLY FLOP/CANNONBALL COMPETITION

NAME:

STUDENT#:

PHONE#:

PLEASE HELP SUPPORT THE LAURENTIAN STUDENT FOOD BANK!

What's wrong with this picture: Terrell Davis, Jerome Bettis, Dorsey Levens and ... Terry Kirby?

In this "Year of the Run" in the NFL, it's only fitting that three of the final four teams left in the playoffs have dominant running backs.

Among the rushing milestones reached in the NFL this past season:

Most 200-yard individual rushing games (seven) in one season.

Most 1,000-yard rushers (16) in league history — matching the 1983, '85 and '95 seasons.

Most total rushing yards (54,249) since 1988 (54,395) — that's a span of 10 seasons.

Most 100-yard rushing games (121) in one season since 1970.

SORRY, TERRY KIRBY. YOU'RE NO Levens, Bettis or Davis, although the San Francisco 49ers running back did rush for 120 yards and two TDs in Saturday's NFC divisional-round victory over Minnesota. Maybe he is a suitable replacement for the injured Garrison Hearst (broken collarbone) after all.

And maybe against Green Bay's defense, he's not.

Here are the players, coaches and teams who have made my Winners & Sinners list:

Overrated players

1. QB Elvis Grbac, Kansas City Chiefs: Didn't lose the game against Denver — but he couldn't win it, either. Blame it partly on rust residue as the result of missing six weeks with a broken collarbone late in the season ... but blame it mostly on playoff inexperience. Grbac looked mobile, sharp and in control during the middle two quarters of the game, but he appeared jittery at times early and tentative at the very end. Time ran out. The Chiefs lost 14-10. Grbac will get better as he gets more playoff experience.

2. P Josh Miller, Pittsburgh Steelers, who averaged a paltry 32.7 yards on nine punts in the Steelers' 7-6 victory over New England. His problem? Too much thinking, not enough leg. The second-year punter from East Brunswick, N.J., was making more of it than it was worth. "I was making it trigonometry," said Miller, "and I suck at math."

3. QB Drew Bledsoe, New England Patriots: Put up some big numbers offensively (23 of 44 for 264 yards) despite not having 1,000-yard rusher Curtis Martin for the game or WR Terry Glenn and TE Ben Coates for the second half. But Bledsoe also threw two INTs and lost two fumbles, including a late-game fumble in the pocket as the Pats were driving for the would-be winning TD. OK, he was stripped, but Bledsoe has a nasty habit of taking too long to get rid of the ball.

4. QB Trent Dilfer, Tampa Bay Bucs: Completed 13-of-36 passes in Sunday's 21-7 loss at Green Bay — and two of those "completions" were to Packers defenders in the form of costly INTs.

5. RB Jerome Bettis, Pittsburgh Steelers: More closely resembled a bicycle than "The Bus" as he finished with a season-low 67 yards on 25 carries (2.7 average) against New England. That's a lot of stuffings — especially late in the game at the goal line, where Bettis is expected to win

NFL Wrap-up

most of those battles.

6. LB Greg Manusky and P Louie Aguiar, Kansas City Chiefs: A.K.A. partners in crime, Manusky and Aguiar shared bonehead honors in the Chiefs' loss to Denver. Manusky, special teams captain and a 10-year veteran from Colgate, was flagged for holding on Pete Stoyanovich's 34-yard FG, which had to be re-kicked from 44 yards and sailed wide left. Later, Aguiar unwisely ran a fake punt, even though he saw all the warning signs not to run it. "I should've taken a delay (penalty)," said the seven-year vet, who was stopped three yards short of a first-down.

Underrated players

1. DT Keith Traylor, Denver Broncos: Was responsible for Kansas City's West Coast offense going south, scoring one TD in a 14-10 elimination loss. What makes Traylor's contribution even more special is that he was playing less than 48 hours after his mother's death in Arkansas. His mother lost her battle to heart and liver disease on Friday.

2. QB Brett Favre, Green Bay Packers: Pooh-poohs the notion that San Francisco head coach Steve Mariucci has some kind of game-swaying advantage vs. former pupil Favre in Sunday's NFC title game. Favre, a three-time NFL MVP who has been overshadowed this season by Detroit RB Barry Sanders, has had an unprecedented three-year run at quarterback in the NFL ... and doesn't let much bother him. Said Favre in dismissing the Mariucci Factor: "I don't think anybody knows anything about me, including myself."

3. RB Dorsey Levens, Green Bay Packers: Has done so well in replacing Edgar Bennett (preseason Achilles injury) that his name has stopped being mentioned in the same breath

with Bennett ... but rather in the same breath with Jim Taylor and Paul Hornung. With 112 yards rushing Sunday, Levens broke Bennett's single-game playoff club record (108). Taylor ('60 NFL championship game) and Hornung ('65 playoffs) had been tied for second at 105 yards.

Overrated coaches

1. Marty Schottenheimer, head coach, Kansas City Chiefs: Is now 5-11 in the playoffs. If he were a smart-ass instead of a media-friendly, tragic figure, Schottenheimer would've been buried alive in every newspaper across the country following Sunday's 14-10 home loss to Denver. Instead, for his horrible clock management and here-we-go-again early exit, he was pitted.

2. Paul Hackett, offensive coordinator, Kansas City Chiefs: Is just lucky that he didn't have this game on his resume to Southern Cal. He might not have gotten the job.

Underrated coaches

1. Steve Mariucci, head coach, San Francisco 49ers: Was QB coach at Green Bay for four seasons. The good ones have a computerized memory for such occasions, and Mariucci falls into that category. He will know Favre's every nuance going into Sunday's NFC championship game. Whether it will help the Niners unseat the defending Super Bowl champs is another question, but it can't hurt.

2. Gary Kubiak, offensive coordinator, Denver Broncos: Quickly ascending the list of future head coaches in the NFL, even though it's hard to do wrong working for Mike Shanahan and directing an offense featuring John Elway, Shannon Sharpe and Terrell Davis. Still, the 36-year-old Kubiak is catching more and more national attention as a potential head coach in this league.

Voyageurs beat the "Party Boys" of York

By Jason Stevenson
Sports Editor

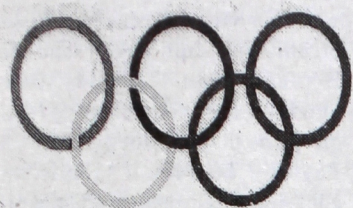
The Laurentian men's basketball team hosted the York University Yeoman on Sunday, January 11th at the Ben Avery Gym. The Vees 80-62 win over York improves their record to 6-1. It's not surprising the Vees pulled off a victory against York considering the Vees are one of the best teams in the nation, it is also not surprising considering half of the York team was out at Ralph's Sports Bar until two in the morning Saturday night. I doubt coach Campbell would allow his Vees to be out all night drinking the night before a game. The Vees obviously took this match-up seriously, while the Yeoman were so "worried" they needed a few beers to mellow out before they faced the mighty Laurentian Voyageurs.

The Vees dominated the Yeoman in and out of the paint with their aggressive rebounding and heads up play. The first half was all Vees as the Yeoman got over their "hangovers". Leading scorers for the Vees were All-Canadian Cory Bailey with 23 points, Ted Dongelmans with an unusually low 12, and Kevin Gordon and Adam Dusome both with 7. Leading York in scoring was Tommy Roman with 17 points, Dean Labayen

with 13, and Nick Chatzinikoli with 10. Molson Athletes of the game were Cory Bailey for the Vees and Dean Labayen for York.

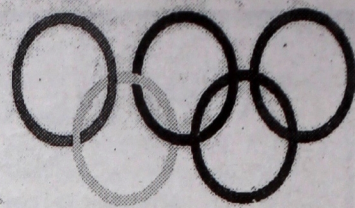
Former all-Canadian Cory Bailey looks like he's on his way to another all-Canadian honour. Bailey has continually lead a team that coach Campbell had intended to be lead, at least offensively by his big man Ted Dongelmans. Bailey has taken his role as a versatile basketball player and shown that you don't need to be 6'10 to be an effective offensive weapon. It seems Bailey is filling to some extent the void left by Shawn Swords. Hopefully this may alleviate some of the worries Coach Campbell may have about his team's potential success at the CIAU nationals. With the potent combination of Bailey, Dongelmans, Gordon and Dusome hopefully the Vees can bring a national Championships to the hallowed halls of Laurentian University.

Next action for the Voyageurs is this weekend when they will be in Montreal to take on Concordia on Friday and McGill on Saturday.



OLYMPIC SPORTS

PART 1



Canadian events in Nagano

Curling

Curling is a sport. You have two teams, both sending stones whipping down the ice to sit in a target area, sort of like that game in some bars (what's that called? table-top shuffleboard?) only with a circular target. You use the same strategy of setting up blockers, and last rock is an advantage. The people with the brooms... well, I guess I've exhausted my knowledge of curling at this point... :) It either speeds up or slows down the rock, I can't remember which. Speeds up by clearing ice shavings out of the way? There are two teams in curling. Each team is made up of 4 players: Skip - This is the "captain" of the team. This player calls the shots, and throws last. Third - The third is like the second in charge, and throws the rocks third. Second - This player throws the rocks second. Lead - This player throws rocks first. There are 8 rocks to be thrown per team. A coin toss is used to see which team throws first. The loser throws first, because as was stated earlier, last rock is an advantage. The Lead from team "A" throws first. He stands in a "hack", which is an indentation in the ice so he can push off and send the rock (which weighs about 10 Kg) down the ice. The length of a "sheet" of ice is approx. 25m from hack to hack. There are bull's eye's at each end of

the sheet called the "rings". It is the objective to score points by placing rocks closest to the centre of the rings. (Note: The measurements I have given are estimates, but I can look up the actual distances if there is any interest). Once the lead from "A" has thrown, the lead from the "B" team throws, with the same objective in mind. They keep alternating throws until there are no rocks left. Playing all the rocks is called "completing an end". There are normally 8 ends in a typical curling match. Here is the interesting thing about curling. When a player throws a rock, they can spin the rock, and because the ice is "pebbled" (meaning there are small bumps of ice all over the surface), it will veer off in the direction that the player spins the rock. The sweepers may also change the eventual location of the rock by sweeping directly in front of the rock. This not only removes the frost from in front of the rock, but if swept vigorously enough can create a very thin layer of water in front of the rock, which will in essence reduce the "veering" effect described above. This will also make a rock travel farther. Guards may be placed in front of the rings, and may come into play if a player "curls" his rock around the guard and into the ring. The guard

then may partially or fully block any direct attempt to remove the opponent's stone from the rings. Points are scored when a team's rock is closest to the "button", which is the exact centre of the rings. They get a point for each rock that is closer than any of their opponents rocks to the button. Therefore, if team A has a rock in the four foot circle, a rock in the eight foot circle, and a rock on the edge of the 12 foot circle, and team B has a rock at the edge of the 8 foot, then team A would score 2. Team A's third rock (on the edge of the 12 foot) would not count due to the placement of a rock from team B closer to the button. The line after each set of rings is the "hog" line. This is a line which is used in two ways: A player who slides with the rock and fails to release it before reaching this line has their shot taken out of play before it reaches any other rock. The other way this line is used is that any rock fairly thrown, but which does not completely cross the line is considered to be out of play, and is removed from the ice surface. A rock may also be removed if it touches the side boards along the left or right sides of the sheet of ice, or if any player touches the rock while it is in motion after it has been released.

Snowboarding

Snowboarding, like cross country skiing (with classical or freestyle technique), has two distinct elements; alpine and freestyle. And, like cross country's "mixed" relay format with classic and freestyle techniques, there's boardercross, which mixes alpine and freestyle in a follow-the-leader, beat-the-leader slice of downhill pandemonium. One main difference between skiing and snowboarding is the start. Although skiers and riders break a wand to start their clock running, snowboarders use posts (usually 2" by 2" boards) driven into the snow to push off. Alpine - Like the competitive skiing it's derived from, alpine snowboarding has "technical" (gate-running, slalom/giant slalom) events and speed (super G) racing. It's a beat-the-clock format - no judging, just be the fastest one down the course. Super G is one of two new disciplines added to the World Cup program for the 1996-97 season. Unlike World Cup alpine skiing, snowboarding also has a parallel slalom race with riders competing on side-by-side courses. Parallel SL uses a knockout format to determine the winner. Riders are timed in a qualifying run;

based on their time, the men's field is cut to 16 and the women's field is reduced to eight. At that point, it's total time from one run on a blue course and one on a red course deciding who moves to the next round. Freestyle - Riders perform in a halfpipe, a giant snow trough, with competitors performing various tricks while three or five judges grade their acrobatic maneuvers (rotations, standard maneuvers, landings, technical merit and amplitude). In all FIS events this season, the halfpipe has become a knockout format with the slowest riders dropped at the end of early rounds before the knockout format - one rider competing specifically (but not simultaneously) against another to determine who advances - is used in the final round. Boardercross (or "snowboardercross") is the second new World Cup discipline. Depending on the number of participants in a race, four or six riders are at the starting line together, and simultaneously ride down a slope studded with various obstacles (i.e. moguls, steeps, jumps, waves). The two or three competitors who cross the finish line first qualify for the next round of competition in this elimination-format event.

LUGE

The Olympic luge event was introduced in 1964 at Innsbruck-Igis, Austria. The word luge is French for "racing sled." Luges careen down the course feet first while lying on their backs. The luge sled was originally controlled by a hand-held strap which guided the front of the runner. Now luges are steered by the luges exerting pressure on the sides of the car with their feet and shoulders. Sliders have limited visibility because of their body position combined with speeds of up to 80 miles per hour. Hairpin turns in the course and rules requiring one of the four runs to be run at night make this event one of the most dangerous in the Olympics. It is so dangerous, in fact, that in 1964 a Polish-born British slider named Kazimierz Kay-Skrzypeski was killed in a luge accident, and later, two other German luges were severely injured. Several physical forces are demonstrated by a luge event. One is friction, the force that slows down moving objects when two surfaces rub together. Of course, the ice on the luge course minimizes the potential for friction on the surface. Luges attempt to further reduce the force of friction by using the most slippery materials possible to construct the luge itself. The weight of the luger places pressure on the ice, melting it and creating a slippery layer of water that further reduces friction. But there are rules about overcoming friction. In 1968, the German Women's Olympic Team was disqualified for heating the runners on their sleds!

Another physical force involved with luge is gravity. Gravity causes acceleration and helps the luge move. The forward motion is balanced by the friction of air pushing against the luge. Because of this air friction, designers must use aerodynamic principles to reduce the wind drag to a bare minimum. Often they use tight rubberized suits, special helmets with rounded face shields or smooth sleds designed with a low center of gravity. Oftentimes, luges are filmed on high speed video that is then converted to computer graphics to analyze performance. The use of this technology is a trend in modern sports and in the Olympics. By knowing more about physics and how it affects their performance, athletes can modify their training and practice sessions to improve their performance. What would you expect computer analysis to tell you about your favorite sport?

Friction—The force that acts to resist the relative motion (or attempted motion) of objects or materials that are in contact. Air Resistance—The force that acts on something moving through the air. Weight—The force on a body of matter due to the gravitational attraction of another body (commonly the Earth). Velocity—Speed together with the direction of motion. Acceleration—The rate at which velocity is changing. The change may be in magnitude, direction or both.

Nordic Skiing: The Heritage of Skisport

The roots of skiing go back hundreds and hundreds of years to what we now know as Norway. Even today, the roots of the sport are still strong. And none are stronger than the nordic roots of skisport. Cross country skiing was, and still is, a way of life for many youngsters living in snow-covered Scandinavia. And ski jumping became a way for the young and daring to test their skills. Today, the sports of cross country skiing, ski jumping and nordic combined are sophisticated competitive activities. And cross country skiing continues to be a strong recreational sport.

The three nordic sports were the first skiing sports in the Olympic Winter Games, dating back to the very first games in 1924. Alpine events were little known at that time, and were not added to the Olympic program until 1936. Accounts of nordic skiing in North America date back well into the 19th century. Early settlers in the midwest were known to be skiing in the 1830's. One of the most famous early skiers was Snowshoe Thompson, who crossed the high Sierras on skis several decades later. While recorded national championships in both ski jumping

and cross country date back to the first days of this century, ski jumping was actually the most popular early spectator sport in this country. Scandinavian immigrants would thrill crowds, which could number in the tens of thousands, with jumping tournaments in the snowbelt states. Cross country skiing took hold across the nation in the 60's and 70's when its popularity skyrocketed. The great growth of cross country ski competition was due primarily to its attraction to a wide range of ages. It was, and still is, one of the best ways for an entire family to recreate together in the winter.

Bobsled

Bobsleigh teams include a brakeman and a pilot in the two-man event, while two crewmen/pushers are added for the four-man race. From a standing start, the crew pushes the sled in unison for up to 50 meters. This distance is typically covered in less than six seconds and speeds of over 40 km/h are reached before the crew loads into the sled. Although the difference in start times among the top crews is measured in tenths or even hundredths of a second, a fast start is critical. As

a rule of thumb, a 1/10th of a second lead at the start translates into a 3/10ths of a second advantage by the bottom of the course. During a typical 60-second run, speeds of more than 135 km/h are reached and crews are subjected to over four times the force of gravity. A seeding system is in place to determine start positions at all major events including the Olympics, World Championship and World Cup events. Since "Picture: Starting Order" the ice becomes rougher as the

competition progresses, it is an advantage to be among the first on the track. The seeding system rewards the top crews (based on previous results) with the best start positions. Similarly, the rest of the field is seeded in additional groups based on previous results. At the first World Cup competition of each season, the final results from the previous season apply. Places from 1 to 10 are allocated on the basis of World Cup results.